



RECOVERY NUTRITION

WHO IS IT FOR? Athletes who train hard daily, who are competing in multiple games/events, or who train multiple times per day (i.e. two-a-days or lift and practice)

PURPOSE:

- Replace glycogen (energy) stores
- Repair muscle tissue
- Rehydrate
- Make maximal athletic gains
- Prepare your body for your next training session



WHAT YOU NEED...

FLUIDS:

“Think water and sports drinks”

Replace sweat losses..drink 2-3 cups of fluid for every pound of weight you lost during exercise

CARBOHYDRATES:

“Restocks your energy systems”

High glycemic index carbs are optimal after exercise because they are quickly digested: Sports drinks, fruit snacks, pretzels, melons, honey, apple sauce, muffins, bagels, fruit cups, dried fruit

PROTEIN:

“Repairs muscle tissue and reduces muscle breakdown, essential for gaining muscle mass”
Ideally, intake of carbs and protein should be in a 4:1 ratio (i.e. 40g of carbs and 10g of protein)

BENEFITS:

- Enhanced performance in future exercise
- Appetite control for meals
- Lowered injury risk in future exercise
- Better compliance to training program
- Promotion of positive energy balance for weight gain

The Window of Opportunity:

Eat or drink your recovery meal or snack **within 30 minutes** of a hard practice or competition.



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Carbohydrates

Bread, cereal, granola bars, pasta, rice, cereal bars, potatoes, bagels, tortillas, crackers

Protein

Cheese, cottage cheese

Carb & Protein Mix

Milk, chocolate or strawberry milk, soy milk, yogurt, smoothies



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Fruit juices, bananas, grapes, apples, melons, berries, canned fruit

Nuts and peanut butter

Recovery shakes, instant breakfast drinks, high protein cereals



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Fruit smoothies, honey, oatmeal, graham crackers

Chicken, tuna, deli meat, eggs

Sports bars with at least 20-30g of carbs and 5-20g of protein

RECOVERY OPTIONS

(From RKTeamNutrition.net Recovery Nutrition)

Recovery shake (Gatorade Protein Recovery shake, Muscle Milk Collegiate, Go Energy Recovery shake) + 16 ounces water

1 portable 12-ounce chocolate, strawberry, or vanilla milk (i.e. Horizon Organic portable cartons) + 1 granola bar + 16 ounces water

1-2 portable pre-made instant breakfast drinks (i.e. Carnation Instant Breakfast)

4 graham cracker/peanut butter square sandwiches with an 8-oz 100% juice box + 16 ounces water

16 ounces sports drink (i.e. Gatorade) + 1 sports bar (i.e. Gatorade nutrition bar) + 16 ounces water

1 cup trail mix (equal parts cereal, sunflower seeds, and dried fruit) + 16 ounces water

2 whole grain mini bagels with peanut butter + 16 ounces water

2 oatmeal packets mixed with peanut butter + 16 ounces water

Contact the Sports Nutrition office for more info...

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