

## Recovery Nutrition Tips

- It is important to consume a post workout snack within 15-20 minutes after completion of exercise. The earlier the better.
- Carbohydrates replenish glycogen stores used during exercise and protein intake promotes muscle repair and recovery.
- Typically, post workout carb:protein ratio is 1:3 (especially following resistance training)
  - Carbohydrates consumption post workout should be 1.2-1.4 grams per kilogram of body weight. (If an athlete weighs 120 lbs or 54.5 kgs they would need between 65.4-76.3 grams of carbohydrates in their post workout snack)
  - Protein consumption post workout should be 1.0-1.2 grams per kilogram of body weight
- On top of an immediate snack post workout, a balanced meal should be consumed within 2-4 hours after.
  - Daily intake recommendations for endurance athletes:
    - Carbohydrates: 7-10grams/kg/day
    - Protein: 1.2-1.4grams/kg/day
    - Fats: 20-25% daily intake – look for monounsaturated (olive oil & avocados) and polyunsaturated (omega 6 and omega 3's)– avoid trans fats and saturated fats
- HYDRATION:
  - Calculate daily water intake multiply bodyweight (kgs) by 0.033
  - During exercise drink approximately 1 Cup every 15 minutes
  - If workout is over 90 minutes long a water/electrolyte mix should be consumed during workout
- Supplements:
  - Should be consumed *only if* adding to sound nutritional habits (i.e. athletes who maintain a balanced diet) OR if there are dietary restrictions
  - Should be monitored by a professional
  - Should be tested – check WADA restrictions

### Post workout snacks:

- Carnation Breakfast drinks
- Low-fat Chocolate Milk (or Chocolate Almond Milk)
- Sandwich on whole-grain with lean meats, like turkey with veggies
- Yogurt and berries
- 12-17 oz fruit smoothie
- Energy balls (quinoa, nuts, coconut, peanut butter etc)

### Tips:

- Know your body – some athletes prefer liquids versus whole foods.
- Try everything in practice – NOT race day
- Be prepared – if it's a long training session pack an extra snack, or make a bigger dinner to bring for the next day
- Carbohydrate consumption should be spread out through the whole day and not all at once (helps avoid spiking in blood sugar levels)

### Helpful links:

<http://www.eatright.org/Public/content.aspx?id=6442463964>