



NUTRITION CONSULTING INC.

Recovery Nutrition

By Andrea Holwegner BSc, RD

Your Recovery Nutrition Meal After Training or Competing is the MOST Important Meal of the Day!

The 5 R'S for Recovery

REST - RELAX!

Adequate rest is needed to get the most out of your training.

Consult with a qualified exercise/sport specialist to determine adequate rest time just for you.

REHYDRATE - FLUIDS!

Keep drinking once you are finished training/competing! Replace 3 cups fluid (750 ml) per 1lb. weight lost during training. Monitor the color and amount of urine – it should be pale yellow and you should be urinating regularly.

REPLACE - CARBS!

Replace carbs that the muscles have burned for energy otherwise you will go into your next workout feeling tired. The harder you train or compete, the more carbs you have burned and will need to replace.

IMPORTANT: Eat a source of carbs (liquid or solid) within 15-20 min. after activity when your muscles are most receptive to re-fueling.

What foods are rich in carbs? Fruits, veggies, breads, cereals, grains such as pasta and rice, yogurt, milk etc.

REPAIR - PROTEIN!

Protein helps to repair & recovery muscle and other tissues damaged during activity. Protein also helps to keep your immune system strong so you don't get sick.

Which foods are rich in protein? Meat, poultry, fish, peanut butter, nuts, eggs, tofu, legumes, milk, cheese, yogurt

REJUVENATE - ANTIOXIDANTS

The physical stress of exercise produces free radicals that can damage your body's cells (red blood cells which transport oxygen, muscle tissue etc.). Antioxidants scavenge free radicals and protect cells from damage leading to better recovery. Your recovery meal should be abundant in plant-based foods since this is where you find antioxidants. Choose foods rich in these antioxidants:

Vitamin C—Citrus fruits, broccoli, sweet peppers, potatoes, berries, kiwi, tomatoes etc.

Beta-Carotene—Carrots, spinach, squash, apricots, mangos, cantaloupe etc.

Vitamin E—Olive oil, canola oil, nuts/seeds, avocado, wheat germ etc.

Phytochemicals—There are hundreds of these compounds found in all plant-based foods such as fruits and vegetables. Eat a wide range of plant-based foods!

Ideas to get you started:

- Dried fruit bar, protein shake (protein powder, milk, frozen berries, banana), toast with peanut butter
- Trail mix with added dried cereal, sports drink, toast, veggie and cheese omelet
- Canned fruit cup, BBQ chicken breast, rice, spinach salad with vinaigrette dressing, mixed veggies
- 100% unsweetened juice box, vegetarian pizza with ham, garden salad with vinaigrette
- Milk or chocolate milk, pancakes with syrup, fresh fruit salad, cottage cheese

Always be sure to eat enough in your recovery meal so that you are maximizing your ability to bounce back from the workout/competition. This is especially important if you have another workout/competition soon. If you are concerned about your weight reduce calories at other times in the day but keep your recovery intake high.