

Recovering After Exercise

Just like you need food for fueling your workouts, you need nutrients to recover after your workout to replace the ones you've used. Good nutrition for exercise recovery includes **proper hydration, carbohydrates, and protein**.

Hydration/electrolytes: Keeping your body hydrated is important throughout the day, especially after a sweat session! It is necessary to replace the electrolytes lost. In addition to water; sports drinks, low-fat chocolate milk, and a blend of water with 100% juice can help replace some of these nutrients. *To assess your hydration status, see helpful resource #4.*



Carbohydrates: Carbs help replace the energy used during exercise and aid in recovery.

Protein: Protein helps repair and build your muscles after your intense workout.

Protein Timing	Amount of Protein Needed	Examples of Recovery Foods
<ul style="list-style-type: none"> • Ideally, the window of time to re-fuel your body with protein is within 30-60 minutes after a hard workout • Your body is working on recovering and making protein for at least 24 hours after exercise, so spreading your protein intake throughout the day is important 	<ul style="list-style-type: none"> • According to sports nutrition experts, consuming 20-30 grams of protein during exercise or the post-exercise recovery period leads to muscle protein synthesis • Higher amounts (>40g) at one time have not been shown to increase protein synthesis • Throughout the day, recommendations range from 1.2 -1.8 g/kg of body weight a day, for very active adults. <i>Note: These recs are for adults without medical conditions who engage in intense physical activity on a regular basis and depend on the type and intensity of activity.*</i> 	<p>Focus on protein & carbohydrates!</p> <p>Snacks:</p> <ul style="list-style-type: none"> • Low-fat chocolate milk • Greek yogurt with fruit • Fruit smoothie with protein • Trail mix with dried fruit • String cheese with crackers <p>Meals:</p> <ul style="list-style-type: none"> • Pasta with meat sauce or other protein • Baked fish/chicken, or beans with brown rice & roasted veggies • Grilled chicken salad with dressing & a side of whole-wheat bread • Scrambled eggs, toast, and fruit • Turkey wrap with veggies and a piece of fruit

**If you have a medical condition, please consult your physician prior to making dietary changes*

Helpful Resources:

- 1.) **Fueling for Recovery.** National Collegiate Athletic Association.
<https://www.ncaa.org/sites/default/files/Fueling%20For%20Recovery.pdf>
- 2.) **Food as Fuel Before, During, and After Workouts.** American Heart Association Website.
<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/food-as-fuel-before-during-and-after-workouts>
- 3.) Thomas DT, Erdman KA, Burke LM. Position of the Academy of Nutrition and Dietetics, Dietitians of Canada, and the American College of Sports Medicine: Nutrition and Athletic Performance. *Journal of the Academy of Nutrition and Dietetics*. 2016;116(3):501-528. doi:10.1016/j.jand.2015.12.006.
- 4.) Assess Your Hydration Status. National Collegiate Athletic Association.
<http://www.ncaa.org/sites/default/files/Assess+Your+Hydration+Status.pdf>. Accessed March 7, 2020.