

POST-WORKOUT SPORTS NUTRITION



When athletes appropriately replenish their bodies after exercise, the impacts on recovery and future performance can be great.

- Less fatigue
- Enhanced muscle rebuilding and repair
- Reduced muscle soreness and cramping
- Minimized joint inflammation

These are some of the positive effects related to post-workout nutrition guidelines. Too often, athletes reach for protein or other “recovery” or “anabolic” supplements to maximize workout potential. However, not only are these supplements high-risk for testing positive on a drug-test, but they are also less effective (and more expensive) than reinforcing exercise with whole food options.

The best recovery nutrition plan is one that emphasizes both carbohydrates to replenish energy stores and protein for muscle synthesis. Athletes are encouraged to use the table provided below to optimize their recovery with budget-friendly, whole food choices. See how these choices compare with generic recovery protein powders!

Time after exercise	0-30 minutes	1-2 hours
Food Composition	Full	High energy & low fatigue
1-2 hours	<ul style="list-style-type: none"> • Simple carbohydrates (0.5 grams/kg body weight) • +10 grams protein 	Full Meal: <ul style="list-style-type: none"> • Complex carbs • Protein (15-30 grams) • Healthy fats
Hydration	<p>Begin rehydration immediately with the goal of drinking 16-24oz of fluid for every pound of body weight lost through sweat. Aim to fully rehydrate within two hours post-exercise</p> <p>In high heat/humidity and exercise lasting >60 minutes:</p> <ul style="list-style-type: none"> • Include electrolytes in fluid replacement (salt, sport drinks, juices, etc.) <p><i>Visit our Hydration Recommendations resource page for additional information</i></p>	
Food Examples*	<ul style="list-style-type: none"> • Fruit smoothie with 1 cup regular or 1/2 cup greek yogurt • Cereal (Cheerios, Honey Bunches of Oats, etc) with 8oz milk • Cheese or peanut butter sandwich • Instant oatmeal with 2 Tbsp peanut butter • Chicken Noodle Soup • Banana/granola in 6-oz yogurt or with 8-oz chocolate milk 	<ul style="list-style-type: none"> • Egg scramble or omelet with whole grain toast and fruit • Roast beef & Swiss cheese sandwich with carrots and fruit • Spaghetti & Meatballs with salad and glass of milk • Macaroni & Cheese made with Tuna and Broccoli; side of fruit • Grilled chicken with brown rice, mixed vegetables and 1/2 cup frozen yogurt
<p>*To have post-workout snacks tailored to your specific sport, body size, and energy needs, please consult a sports dietitian. Remember that the total volume and composition of foods tolerated may vary by individual. Please use these examples as a guide, but know that your specific needs may be more or less than listed above. In addition, we’ve provided examples to clarify composition goals and for easy shopping, however there are plenty of other options available to meet these sports nutrition targets.</p>		

Drug Free Sport™