

THE RECOVERY EDGE



5 FOOD HABITS THAT NOURISH AN ATHLETE

► EATING = ENERGY

Eat lean protein, whole grains, low fat or fat free dairy, veggies and fruit.

Meet your energy needs throughout the day – it helps promote recovery from yesterday's workout. Start with a good breakfast and don't skip meals!

► CARBS = FUEL

Eat nutrient-rich carbohydrates such as fruit, starchy veggies, whole grains and low fat dairy like milk.

Carbs are a primary fuel source during exercise.

► PROTEIN BUILDS MUSCLE

Eat lean meats, poultry, fish, eggs, beans, low fat and fat free dairy, lentils, nuts, nut butter such as peanut butter or almond butter, soy foods, veggie burgers and edamame.

Protein builds and maintains muscle and helps muscles recover.

► DAIRY = NUTRIENTS

Drink low fat or fat free white or chocolate milk (can be lactose-free). Eat yogurt and low fat cheese.

Dairy provides essential nutrients such as calcium, potassium and vitamin D. Drinking milk provides protein and helps replace fluids.

► FLUIDS = PERFORMANCE

Know your sense of thirst. Drink water and sports drinks, if necessary.

Fluids maintain performance, delay fatigue and guard against injuries.

3 Rs OF RECOVERY – REBUILD, REFUEL, REHYDRATE

Replace the fuel you used with carbohydrates, rebuild your muscles with protein and restore your fluids by hydrating.

When it comes to nutrition, don't get behind, what you eat EVERY day and meeting your overall energy needs is what counts!

TRY THIS

Within 30 minutes after practice or a game, make sure you have a meal or snack that includes both carbohydrates and high-quality protein to refuel and rebuild muscle.

- Low fat or fat free chocolate milk (or lactose free chocolate milk) and a banana
- String cheese and fruit
- Greek yogurt and berries

Within 2 hours after practice or a game, eat:

- Lean protein (meat, tuna or eggs) and vegetables on whole wheat bread
- Rice and bean burrito with low fat cheese
- Stir-fried vegetables with lean beef, chicken, fish, tofu or pork over brown rice