

Refuel

Post-Exercise “Refueling”

Eating for peak performance includes recovery from workouts and competitions. During exercise, your muscles use their primary energy source, carbohydrate. Just like a car needs fuel to run, you need to refuel your muscles after a workout or competition. It takes 24 hours to replace muscle carbohydrate (glycogen) used during exercise. However, by eating within 30 to 60 minutes after exercise, then eating small meals at two and four hours post-exercise you can completely refill muscle energy stores in 12 to 16 hours. Proper refueling also helps reduce soreness and repair muscles so you are ready for your next practice or event.

Essential Recovery Tools

These “fab four” are essential components to any athlete’s post-exercise nutrition plan. They help accelerate your body’s recovery so you are ready for your next practice or game.

<u>Carbohydrates</u> replenish muscle energy stores	<u>Protein</u> repairs and rebuilds sore and damaged muscles	<u>Fluids</u> rehydrate the body	<u>Sodium</u> maintains your body’s water balance
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Check out these tips:

- Within 30 to 60 minutes after exercise, choose high-carbohydrate foods such as graham crackers, 100% fruit juice and a bagel, or yogurt and fruit. Include sources of protein such as lean meats, low-fat milk or yogurt, eggs or beans to repair and rebuild muscle.
- If you can’t take solid foods after exercise, try milk, white or flavored – it tastes great and contains all of the “fab four,” in addition to other essential nutrients that support healthy bones and bodies.
- Replacing fluids lost from sweat is a priority. After exercise, drink 20-24 ounces for every pound lost.

Examples of recovery meals which are high-carbohydrate and protein-rich:

- Cereal with milk, toast with peanut butter, a piece of fruit and a glass of 100% fruit juice
- Cheese and crackers, fruit and milk
- A fruit smoothie made with frozen fruit, milk and yogurt
- Whole-grain tortilla wrap with ham, cheese, tomato and lettuce, with fresh fruit
- A baked potato with cheese, salsa and a dollop of Greek yogurt, and a glass of 100% fruit juice.



**PEAK
POINT**

After exercise, refuel with the “fab four” – carbohydrate, protein, fluid and sodium. They rock for recovery.

