

Top 5 Recovery Foods

Timing is everything

If you're doing multiple workouts a day or training at high intensities back-to-back days, then choose foods with carbohydrates, protein and fluids within 30 minutes of finishing your workout. Your body needs about half its body weight in grams of carbohydrates to replenish muscle glycogen stores. For example: 75 grams of carbohydrate for a 150 pound runner. Add 10 to 20 grams of protein to start the repair process from the physical stress of running. Then top it off with 16-24 ounces of fluids to rehydrate.

Some suggestions....

- 1. Chocolate milk** — It has all the nutrients your body is looking for with recovery – quickly digestible carbohydrates and protein, small amount of fat, and fluids. Plus, it's delicious!
- 2. Peanut butter and banana (or jelly) sandwich** — Whole grains and banana provide needed carbohydrates; peanut butter provides protein and heart-healthy fats. The best part, just pack and go, no refrigeration required.
- 3. Fruit smoothie** — Combine low-fat yogurt, frozen berries, and a splash of milk. All of these ingredients contain energy-rich carbohydrates. In addition, the dairy foods are great protein sources with calcium and Vitamin D to promote strong bones. While berries are rich in antioxidants, Vitamin C, and fiber.
- 4. Cheese and crackers** — Portable protein and carbohydrates, plus salt in the crackers helps replace sodium and speed up rehydration.
- 5. Yogurt and granola** — Granola is a great carbohydrate source and whole grain. Try plain yogurt to boost your nutrients and limit added sugars. Try adding fresh fruit for natural sweetness.

Provided by OhioHealth Sports Medicine

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