

Eating for Recovery

Athlete Scenario

The day after a hard soccer practice, my legs feel heavy, I feel sluggish, and I'm often sore even if I didn't have a resistance training session the day before. My performance at practice suffers because I'm unable to put forth 100%. I usually drink water and sometimes a sports drink during practice and games, but afterward I don't usually feel like eating much. What can I do so I have more energy at practice and feel better about my performance?

The Goals of Recovery Nutrition Include

- Restore fluid and electrolytes (sodium and potassium) lost in sweat; weigh before and after exercise and replenish what was lost
- Replace muscle fuel (carbohydrate) utilized during practice
- Provide protein to aid in repair of damaged muscle tissue and to stimulate development of new tissue
- Begin nutrition recovery with a snack or meal within 15-60 minutes following practice or competition

Rehydration Fluids

- Carbohydrate-electrolyte sport drink to replenish fluids and electrolytes lost in sweat

Recovery Snack Ideas

- Smoothie made with yogurt and frozen berries
- Sports drink (carbohydrate, electrolyte, fluid) + sport bar (carbohydrate, protein)
- Graham crackers with peanut butter + low-fat chocolate milk + banana

Recovery Meal Ideas

- Whole wheat pita sandwich with turkey and veggies + pretzels + low-fat milk
- Rice bowl with beans, cheese, salsa, avocado + whole grain tortilla chips or whole wheat tortilla
- Stir fry with lean steak, broccoli, bell peppers, carrots + brown rice

Written by SCAN registered dietitians (RDs) to provide nutrition guidance. The key to optimal meal planning is individualization. Contact a SCAN RD for personalized nutrition plans. Access "Find a SCAN RD" at www.scandpg.org or by phone at **800.249.2875**.



Tips to Take With You

1. If you have 2 training sessions per day or your next training session is within 8 hours, recovery nutrition is crucial
2. If you do not have an appetite following a training session, choose liquid foods that meet your recovery goals

Contact SCAN

www.scandpg.org
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