

# CARAVAN

# FOOTBALL

## RECOVERY NUTRITION

### **References:**

- American Dietetic Association. (2009) "*Nutrition and Athletic Performance*".
- Quinn, Elizabeth. "*Eating After Exercise - What to Eat After a Workout How much protein and carbohydrate do you need after a workout*". <http://sportsmedicine.about.com/cs/nutrition/a/aa081403.htm>
- Riewald, Scott. *Nutrition for performance: Nutrition 101*

CARAVAN FOOTBALL 2015

## WHAT TO EAT AND WHY

Post workout nutrition is about recovering the losses you undertook during your training or game. Research shows your body is simply better at storing that recovery fuel right after your workout. The body needs to replenish its supply of carbohydrates (energy), fluids (loss), and protein to repair muscles.

## WHAT YOU NEED

### CARBOHYDRATES:

Research has shown that eating between .3-.6 grams per pound of body weight within 60 minutes of strenuous exercise is essential for building adequate glycogen stores by stimulating insulin production.

## WHAT YOU NEED

Food and fluids with a glycemic index over 100. Nutritious items that have a high glycemic index enter the body more rapidly. Depletion of glycemic levels can cause fatigue.

### FLUIDS:

Replenish the fluids loss during strenuous activities. Water is always your best option, but sports drinks have high glycemic index that can replenish lost fluids, as well as, essential minerals.

### PROTEIN:

Protein provides the amino acids necessary to rebuild muscle tissue that is damaged during intense, prolonged exercise and/or sporting event. Protein increases the absorption of water from digestive system and improves muscle hydration. Research also shows that combining protein with carbohydrate within thirty minutes of exercise could double the insulin response.

## POST WORKOUT/COMPETITION SNACKS:

These snacks will provide you with the nutrients needed (10 grams of protein, 100-150grams of carbohydrates (CHO)), and moderately high to high glycemic carbohydrates to begin the recovery process.

<u>Protein(g)</u>	<u>CHO(g)</u>	
1-8oz yogurt	43	9.92
1-cup chocolate milk	26.1	
8.10		
50.62	13.28	1-whole wheat bagel w/ Peanut butter
1-cup salted trail mix	91.84	
20.73		w/almonds & seeds
1-10oz Muscle Milk	3	
15		
1-can Gatorade Recovery	45	
20		
1-PureProtein Bar	18	
20		
1-Banana	26.95	
1.64		
1-Slice whole wheat toast		
w/peanut butter	16.45	
6.83		

**CARAVAN  
FOOTBALL**

**Company Name**  
**Street Address**  
**Address 2**  
**City, ST ZIP Code**

**Phone (555)555-0125**  
**Fax (555)555-0145**  
**Web site address**