



## Quick Facts

- Recovery nutrition is very important for athletes training hard daily, competing in multiple games or events within a day or two, or training multiple times per day.
- A well-designed recovery nutrition plan can play a critical role in replacing energy stores, repairing muscle tissue, and making maximal athletic gains.
- Taking in fluids, carbohydrates, and protein post-workout and post-competition are essential recovery components for replenishing your body.
- Studies show that you should begin to eat or drink your recovery meal or snack within 30 minutes after a hard workout or competition.
- Focusing on energy-containing fluids can be a good first step toward replenishing your muscles without causing stomach upset.

Retrieved From: **Recovery Nutrition**  
<http://www.training-conditioning.com/Recovery.pdf>

## Resources and Information

For more information about proper athlete nutrition and recovery please visit the following websites:

- **Livestrong Website:**  
<http://www.livestrong.com/article/258638-the-best-pre-post-workout-nutrition/#ixzz1V9kuNmYd>
- **Fuel Like a Champion: Nutrition for Young Athletes:**  
<http://www.phoenixcoyotescare.com/columns/nutrition-and-health/fuel-like-a-champion-nutrition-for-young-athletes/>
- **A Guide to Eating for Sports: KidsHealth.org:**  
[http://kidshealth.org/teen/nutrition\\_fitness\\_center/nutrition/eatnrun.html#cat20754](http://kidshealth.org/teen/nutrition_fitness_center/nutrition/eatnrun.html#cat20754)
- **Hydration Tips for Young Athletes:**  
<http://www.fort4fitness.org/files/Hydration%20Young%20Athletes.pdf>

By: **Mallory Opiela**  
Athletic Director



Phone: 248.642.1150 ext.351  
[mopiela@etonacademy.org](mailto:mopiela@etonacademy.org)



## Nutritional Recovery and Young Athletes:

**The importance of proper nutrition and hydration after exercise**

Recovering from exercise should be an important part of any athlete's routine.

Post-practice or competition foods and drinks can affect recovery by reducing fatigue, replenishing glycogen stores, and preparing the body for future exercise.

Teaching this information to our young athletes now, is very important for them to become successful athletes in the future.



### What parents and athletes need to know:

The ultimate goal of nutritional recovery is to help you fully recover and prepare for the next practice or competition.

Consuming a mix of foods and fluids high in carbohydrates and protein, in the right amounts and at the right time, allows you to recover quicker for exercise the next day. Delaying recovery nutrition after exercise may put your body in a breakdown mode, taking it longer to recover once you do eat.

### When does nutritional recovery start?

Nutritional recovery should be started within 30 minutes after an intense practice or competition. Waiting a few hours after practices and competitions to begin nutritional recovery will often result in delays in your body. Some athletes may not feel like eating a large meal or a lot of solid food right after training, but getting used to a small snack or liquid recovery drink can a difference maker for many athletes.

### Fluids, Carbohydrates, and Protein: 3 Important Factors

- **Fluids: (2-3 Cups for every loss pound)**  
Remember to drink plenty of fluids to help your body get back to your pre-workout or pre-competition body weight. Almost all weight lost during exercise is due to loss of fluids. Drink 2–3 cups of fluid for every pound you've lost in a workout or competition. Sports drinks are a great recovery option because they have carbohydrates and electrolytes to help you maintain fluids better (some even have protein). To help know how much fluid you lost, weigh yourself before and after your practice or competition.
- **Carbohydrates: (100 -150 grams)**  
Carbohydrates replenish your muscles energy. Much of your body's carbohydrate stores are in your muscles, liver, and bloodstream. When you train at a high level, you use up much of your body's stores and they need to be replenished. Consuming high-carbohydrate foods within 30 minutes replenishes carbohydrate stores for the next workout or competition so it's available when you need it. Including high glycemic index carbohydrates are also important. Examples include: sports drinks, fruit snacks, white bagels, waffles, muffins, sugary cereals or cereals like corn flakes or puffed rice, baked potato chips, melon, pretzels, and jelly beans.

- **Protein: (10 grams)**  
Protein is essential in recovery because it helps repair muscle tissue and reduce muscle breakdown after workouts. So, while carbohydrate refuels the energy in the muscle, protein repairs that muscle so it's ready to go for the next workout. Protein is also important for gaining muscle mass in the body. So to maximize muscle strength and size, add protein to your recovery meal or snack.



### Where do we start?

So all of this information may be a little overwhelming, so to help start I have created 6 after-practice or after-competition snacks to help young athletes.

The meals on the cards are based off of the suggestions talked about previously and contain fluids, carbohydrates, and proteins.