

EATING FOR RECOVERY

1. REHYDRATE

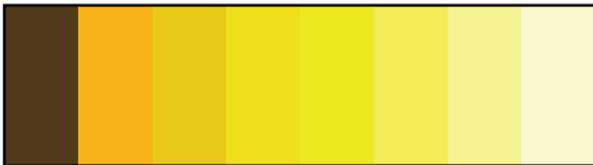
First things first: after your workout, replace the fluids you have lost through sweat. Try to rehydrate within the first two hours after exercise. For every pound you lose during your workout or competition, drink 2-3 cups (16-24 ounces) of water.

Not sure how much weight you lost? If your urine is dark in color, or if you are not able to produce much urine, it is a signal to drink some fluids. **Urine should look more like lemonade than apple juice.**

Sports drinks, in small amounts, can help rehydrate and replace electrolytes when you exercise for more than 60 minutes. For shorter workouts and to stay hydrated throughout the day, drink water.

Urine Hydration Chart

Dehydrated ← → Hydrated



2. REFUEL & REPAIR

Timing is important. In the 30-45 minutes following exercise, your muscles are at their peak readiness to refuel energy stores and repair and rebuild muscle tissue. **Have a small snack with carbohydrates and a little bit of protein.** Try to consume 3-4 grams of carb for every 1 gram of protein, with a goal of 20-30 grams of protein. If you tolerate liquids better after exercise—try chocolate milk or a smoothie. **Chocolate milk has the ideal mix of carbs to protein for recovery.** Plan ahead and have a snack ready right after a workout.

3. RECOVER

Within 2-3 hours, enjoy a full meal. This will help continue to refuel and rebuild your muscles and maintain energy for your next workout. An athlete's diet should not be much different from the average person's diet. **A post workout meal should have a carbohydrate focus with some protein.** Try whole grain spaghetti with meat sauce, broccoli, garlic bread and milk, or a turkey sandwich on whole wheat bread with cheese, tomato and lettuce, Greek yogurt with berries and 100% juice.

Visit [MilkMeansMore.org/Athletes](https://www.MilkMeansMore.org/Athletes) to find out more.



SCAN ME

Macros to MyPlate

Macronutrients, or macros, are the three parts of food that the body uses for energy: carbohydrates, protein and fat. Each is essential for the body.

What is protein? Protein helps build, repair and maintain muscle.

What is a carbohydrate? Carbs are the preferred energy source of the body and brain. Carbs come in 2 forms – complex and simple. Complex carbs are long lasting energy that break down slowly in the body. Simple carbs are quick acting energy and should be eaten less frequently. They can be helpful in providing quick energy right before or during exercise. At least half of the calories that are consumed should come from complex carbohydrates.

What is a fat? Healthy fats help absorb certain vitamins and provide energy. The healthiest fats will be liquid at room temperature. Fat also helps with satiety or the feeling of fullness.

Most foods contain more than one macronutrient.

A balanced diet that typically looks like MyPlate will contain the right amount of macros your body needs.

Choose high quality complex carbohydrate foods more frequently, like whole grains, low fat dairy, fruits and vegetables. Limit simple carbohydrates like sugars and white bread.

Foods like beans and legumes, low fat dairy and whole grains contain both protein and carbohydrates. Choose these foods more often.



Foods like nuts, nut butter, ribeye and chicken thighs are high in protein but also fat. Choose lower fat proteins like chicken breast, pork or beef round or loin more often.

