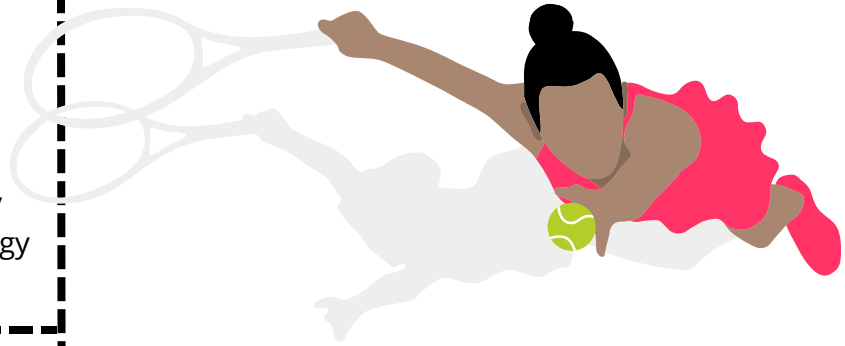


Why?

You put in all the hard work and time at practice, so make sure you are getting the most out of your training by utilizing a post-workout snack. A post-workout snack can allow you to recover more quickly from training sessions by replenishing depleted energy stores and promoting muscle repair.



What?

For your post-workout fuel, you want to focus on carbohydrates and protein.

Carbohydrates help to replenish energy stores depleted during exercise. Because carbohydrates are the premiere energy source used during physical activity, we can have low stores following exercise. By eating carbohydrates after exercise, you can replenish these stores to provide energy for your next workout (rather than entering your next workout already deprived of necessary carbohydrate stores).

Protein is important to include in your post-workout snack as protein can be broken down into smaller building blocks called amino acids. These amino acids help to repair micro-tears to the muscle acquired during exercise and hence allow muscle to recover faster.

Troubleshooting:

- Some athletes may experience a lack of appetite following exercise - this is not uncommon. Even though you may not always feel hungry following physical activity, it is important to eat a post-workout snack in order to promote recovery and get the most out of your training. Try a liquid option like chocolate milk that may go down easier.
- For athletes who have a hard time with solid foods following exercise, try out liquid options such as a smoothie or shake.

When?

Since the goal of your post-workout snack is to promote recovery following exercise, it is best to have your post-workout snack (or meal) as soon as possible following physical activity. By timing your post-workout snack/meal immediately following exercise, you can more quickly replenish low energy stores and promote muscle recovery.

Examples:



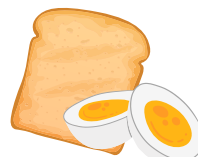
cottage cheese and cantaloupe



turkey sandwich



protein smoothie



hard-boiled eggs and toast



chocolate milk



apple slices with peanut butter



crackers and tuna



greek yogurt and berries



PB&J sandwich

Written by Catherine Liggett