

Fueling After Exercise

To promote growth and recovery

Why eat after exercise?

Fueling after exercise:

- Replenishes depleted glycogen (aka energy) stores
- Improves recovery
- Refuels for your next workout

Example Recovery Meals

- Chocolate milk
- Banana and peanut butter
- Protein shake
- Whole fruit or fruit juice
- Sports bar or drink
- Fruit smoothie
- Greek yogurt

When?

Immediately after exercise consume a snack, and then a meal around 2 hours later.

What?

Post-exercise snack/meal should contain these three components:

- **Carbs** to replenish glycogen stores
- **Protein** to stimulate muscle growth and recovery
- **Fluids** to rehydrate





SPORTS NUTRITION

RECOVERY NUTRITION: REFUEL, REBUILD, REHYDRATE

Refuel: Replace fuel (carbohydrates) within 30 minutes of your workout.

- Aim for half your body weight in grams of carbs.
- If you have a low appetite after exercise, start with a liquid food option like chocolate milk or a smoothie.

Rebuild: Provide protein for muscle growth and repair.

- Aim for 15-25g protein.

Rehydrate: Replace fluid and electrolytes lost during exercise.

- Aim for 20-24 ounces of fluid per pound lost.



100 lb athlete:

16oz chocolate milk
or
8oz chocolate milk +
1 string cheese +
1 piece of fruit

150 lb athlete:

8oz chocolate milk +
fruit smoothie w/ protein
or
8oz chocolate milk +
1oz jerky +
bagel w/ PB

200 lb athlete:

16oz chocolate milk +
fruit smoothie w/ protein
or
8oz chocolate milk +
turkey sandwich +
1-2 pieces of fruit

250 lb athlete:

8oz chocolate milk +
2-3 pieces of fruit +
turkey sandwich
or
16oz choc milk, 1 fruit,
turkey sandwich

300 lb athlete:

8oz chocolate milk +
turkey sandwich +
large fruit smoothie
or
16oz choc milk, turkey
sandwich, small smoothie



Questions? Contact us:

Director, Dr Kelly Pritchett PhD, RD, CSSD: Kelly.Pritchett@cwu.edu

Fellow, Leah Dambacher, MS, RDN: Leah.Dambacher@cwu.edu