



4 R's of RECOVERY Nutrition	FOODS to EAT
Rehydrate with FLUIDS and ELECTROLYTES	Water or Sports Drink (3 cups for every pound lost during activity)
Replenish muscle glycogen stores with CARBOHYDRATES	Sports Drinks/Bars, Breads, Fresh/Dried Fruit (w/ Peanut Butter and/or Jelly)
Repair and regenerate muscle tissue with high quality PROTEIN .	Dairy products, Recovery Mix (w/ whey, soy, casein, or simply whey protein)
Reinforce your immune system with antioxidant rich foods like FRUITS and VEGETABLES	Apples/Bananas/Oranges, Spinach/Carrots/Peppers (Meals higher in sodium and potassium)