

Postexercise Recovery Nutrition

Goals

- Rehydrate
- Recover glycogen stores
- Enhance muscle protein synthesis
- Reduce exercise-associated muscle soreness

Postexercise Nutrition Strategies

Within 30 to 60 Minutes

- Replace every pound of weight lost through sweating with 20 to 24 ounces of fluid, preferably containing a 4-to-1 ratio of carbohydrate to protein.

60 to 90 Minutes After Exercise

- Continue to hydrate.
- Consume recovery food (snack, shake, or bar) containing 4-to-1 ratio of carbohydrate to protein.

Within 3 Hours

- Consume a mixed meal (combination of protein, carbs, and fat).
- Continue to hydrate.
- Avoid soda, alcohol, or energy drinks (nothing excessively high in caffeine and sugar).

Bus or Plane Ride Home

- Continue to hydrate.
- Consume plenty of water with food. Drink well-formulated sports beverages (6 to 7 percent carbohydrate solution, 100 mg/cup of sodium) if drinking without foods.
- Frequent bathroom breaks to urinate (about once per hour) are a sign that sufficient fluids are being consumed.

At Home

- Return to a normal eating pattern as quickly as possible.
- Focus on high-carbohydrate, low-fat, moderate-protein foods.
- Drink plenty of water with meals.
- Try to return to a normal sleep cycle as quickly as possible.

Within 24 Hours

- Strictly limit the consumption of alcohol, soda, and high-caffeine, high-sugar energy drinks.