

# Eating for Recovery

## Scenario

*The day after a hard performance, my legs feel heavy, I feel sluggish, and I'm often sore and tired. My performance at practice suffers because I'm unable to put forth 100%. I usually drink water and sometimes a sports drink while performing, but afterward I don't usually feel like eating much. What can I do so I have more energy at practice and feel better about my performance?*

## The Goals of Recovery Nutrition Include

- Restore fluid and electrolytes (sodium and potassium) lost in sweat; weigh before and after a performance and replenish what was lost
- Replace muscle fuel (carbohydrate) utilized while performing
- Provide protein to aid in repair of damaged muscle tissue and to stimulate development of new tissue
- Begin nutrition recovery with a snack or meal within 15-60 minutes following a performance

## Rehydration Fluids

- Carbohydrate-electrolyte sport drink to replenish fluids and electrolytes lost in sweat

## Recovery Snack Ideas

- Smoothie made with yogurt and frozen berries
- Sports drink (carbohydrate, electrolyte, fluid) + sport bar (carbohydrate, protein)
- Graham crackers with peanut butter + low-fat chocolate milk + banana

## Recovery Meal Ideas

- Whole wheat pita sandwich with turkey and veggies + pretzels + low-fat milk
- Rice bowl with beans, cheese, salsa, avocado + whole grain tortilla chips or whole wheat tortilla
- Stir fry with lean steak, broccoli, bell peppers, carrots + brown rice

Written by SCAN registered dietitians (RDs). The key to optimal meal planning for athletes is individualization. For personalized nutrition plans contact a SCAN sports dietitian or Board Certified Specialist in Sports Dietetics (CSSD) by accessing "Find a SCAN Dietitian" at [www.scandpg.org](http://www.scandpg.org) | 800.249.2875.



## Tips to Take With You

1. If you have 2 performances per day or your next performance is within 8 hours, recovery nutrition is crucial
2. If you do not have an appetite following a performance, choose liquid foods that meet your recovery goals
3. Along with carbohydrate, fluid, and electrolytes, protein is an important part of recovery, particularly if you participate in high intensity activities

## Contact SCAN

Web site: [www.scandpg.org](http://www.scandpg.org)  
Voice: 800.249.2875