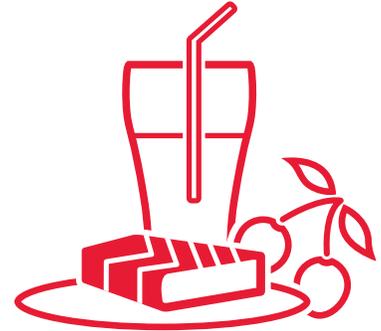




Essentials

- Maximizing recovery is essential to maintaining performance at a high level.
- Muscle glycogen is the body's fuel during performance.
- During an intense training, your body uses up most of your glycogen stores.
- You need to reload your glycogen stores after every hard training or game. The body is best at doing that in the first 30 minutes after exertion.
- While most athletes are not hungry after a hard session, it is an essential time to re-fuel.
- Be creative in your post-training snack.



Immediately after training (30-60 minutes)

Refuel	➔	60g carbohydrate
Rebuild	➔	20g protein
Rehydrate	➔	20oz fluid

Recovery is an all-day process

- It takes 24-48 hours to fully replace your energy stores.
- Continue eating well-balanced meals and snacks throughout the day for optimal recovery.

Recovery Food Ideas

- Energy bar
- Recovery drink
- Smoothie
- Trail mix
- Chocolate milk
- Almonds
- Nut butter

Inflammation-Reducing Foods

- Herbs: tumeric, garlic, ginger
- Produce: tart cherries, spinach
- Omega-3 fatty acids: salmon, nuts, avocados

Recovery Snack Ideas

Choose a food from protein column and a food from carb column based on training session

Protein: 15 – 20 g	Protein: 20 – 25 g	Carbohydrates: 15 – 30 g	Carbohydrates: 45 – 60 g
2 cups milk	3 cups milk	1 piece or cup fresh fruit	2 - 3 pieces or cups fresh fruit
¾ - 1 cup Greek yogurt	1 ½ cup Greek yogurt	¼ - ½ cup dried fruit	¾ - 1 cup dried fruit
¾ cup cottage cheese	1 ½ cups cottage cheese	1 cup fruit juice	2 cups fruit juice
2 string cheeses	3 string cheeses	1 cup chocolate milk	2 cups chocolate milk
1 cup firm tofu	1 ¼ cups firm tofu	½ cup oatmeal	1 – 1 ½ cups oatmeal
2 - 3 cooked eggs	3 - 4 cooked eggs	1 - 2 slices sandwich bread	3 - 4 slices sandwich bread
2 - 3 oz deli meat	3 - 4 oz deli meat	½ bagel	1 bagel
1 ½ cups Kefir	2-2 ¼ cups Kefir	1 english muffin	2 english muffins
1 ½ oz jerky	2-2 ¼ oz jerky	1 granola or cereal bar	4 fig bar cookies
2 – 3 oz fish	¾ - 1 cup nuts or seeds	2 x 6" tortillas or wraps	2 x 8" tortillas or wraps
½ cup nuts or seeds	1 cup edamame	½ - ¾ cup rice or farro	1 – 1 ½ cups rice or farro
½ - ¾ cup edamame	1 – 1 ½ cups beans or lentils	½ - 1 cup quinoa, beans, lentils	1 ½ - 2 cups quinoa, beans, lentils
4 tbsp nut butter	1 scoop whey protein	¾ cup cooked pasta	1 ½ cups cooked pasta
1 cup beans		4 tbsp nut butter	



Contact Us

Call (844) 41-ORTHO (67846) for appointments and more information, or visit us online at ortho.stanfordchildrens.org.

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