

## The Post-Game/Practice Meal

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Following a training session or competition, a small meal eaten within 30 minutes is very beneficial. The meal should be mixed, meaning it should contain carbohydrates, protein, and fat. Protein synthesis is greatest during the window of time immediately following a workout and carbohydrates will help replace diminished glycogen stores. However, consuming food within the 30 minute window may be difficult for athletes who experience nausea or lack of hunger. Trying to drink something with carbohydrate and protein might be the best option (chocolate milk is a great option as it contains both carbohydrate and protein).

### Carbohydrate and Protein Foods for Recovery

These ideas combine carbohydrates and a small amount of protein for one recovery snack.

- Chocolate milk
- Cereal with milk
- Granola with Greek yogurt
- Apple or banana with peanut butter
- Trail mix with nuts and dried fruit
- Peanut butter and jelly sandwich



### DON'T FORGET TO HYDRATE!

Rehydration is also an important part of recovery after exercise. In general, 16-24 oz of fluid should be consumed for every pound lost during exercise. For some athletes, drinking a sports drink that contains carbohydrates and electrolytes, such as sodium, can be beneficial after exercise. Sodium helps the body retain water and increases the absorption of fluid into the muscles. Sodium is lost in sweat and may need to be replaced after exercise. If you notice your skin feels gritty after a practice or game then you are likely a salty sweater and would benefit from a recovery sport drink. Drinking milk is a great way to hydrate and provide carb/protein as well.

