

# TOA

TENNESSEE ORTHOPAEDIC ALLIANCE

## EATING FOR RECOVERY



### THE GOALS OF NUTRITION RECOVERY

- Replace fuel (carbohydrate) utilized by muscles during training. Consume a snack or meal within an hour following training or competition.
- Restore fluid and electrolytes (sodium and potassium) lost through sweat; you may weigh yourself before and after exercise to determine how much to replenish.
- Eat 15-25 grams of high-quality protein to aid in repair of damaged muscle tissue and to stimulate muscle protein synthesis.

### FLUID & SNACK IDEAS

- Smoothie with milk + spinach or kale + frozen fruit
- Graham crackers with peanut butter + chocolate milk + banana
- Carbohydrate-electrolyte sports drink + sport bar containing carbohydrate & protein
- Pita chips + hummus + fruit juice
- Greek yogurt + berries + cereal + water
- Dried fruit & nut trail mix + water

### MEAL IDEAS

- Sandwich wrap with turkey & spinach + fruit bowl + milk
- Rice bowl with beans, cheese, salsa, avocado + tortilla chips or tortilla
- Grilled protein such as fish, chicken or steak + broccoli, bell peppers, carrots + roasted sweet potatoes
- Stir-fried tofu & veggies + quinoa + bowl of soup
- Veggie and cheese omelet + toast + apple slices

### TAKEAWAY TIPS

1. Recovery nutrition and hydration are particularly important if you have 2 training sessions/day, or your next training session is within 8 hours.
2. Plan ahead and keep recovery fuel readily available in your gym/travel bag.
3. If you do not have an appetite or have minimal time following a training session, choose liquids (e.g., milks, juices, smoothies) or start with a small snack that contributes to your recovery goals.