

# Nutrition



## RECOVERY

Top up glycogen stores by eating carbohydrates with a moderate to high GI in the first half hour or so after exercise. This should then be followed by foods high in carbohydrate, with a low GI. Protein is an important part of post exercise recovery and repair.

Examples of recovery food 1-2 hours after the event (DBNSW website):

### Male athlete (target 60-80 g carbohydrate)

200 g fruit yoghurt + jam sandwich  
200 g fruit yoghurt + cereal bar + 250 ml fruit juice  
200 ml flavoured milk + cereal bar + banana  
750-1000 ml sports drink  
65 g PowerBar Protein Plus powder with water + large banana  
Sports bar + 500 ml sports drink

### Female athlete (target 40-50 g carbohydrate)

200 g fruit yoghurt + cereal bar  
200 g fruit yoghurt + 1 banana  
200 ml flavoured milk + cereal bar  
50 ml sports drink  
65 g Power Bar Protein Plus powder with water + piece of fruit  
Jam sandwich + 250 ml fruit juice Sports Bar

Other recovery foods include:

- Thick chicken and vegetable soup + large bread roll
- Muffin, fruit bun or scones
- Baked potato with salsa filling or cottage cheese and glass of milk
- Pancakes and syrup
- Creamed rice
- Breakfast cereal with milk
- Bread roll with meat or banana
- Crumpets with peanut butter and glass of milk
- Tofu
- Nuts
- Pasta or rice
- Lentils or kidney beans

If recovery food is not available within the short period, ensure recovery food is eaten within the next 4-6 hours.

Replace fluids. Studies have shown that light beer after dehydrating exercise does not affect urine losses or overall hydration. However regular strength beer (and more concentrated alcoholic drinks) will increase urine losses and delay rehydration.

**Things to remember**

- Good nutrition can enhance sporting performance.
- Carbohydrate should form the basis of the diet.
- Athletes can increase their stores of glycogen by regularly eating high carbohydrate foods.
- Keep well hydrated before, during and after training and events
- Remember to eat well after an event