

Exercise Recovery



#keepinghealthyoptionscool

This is general information only.
Individual nutrition advice is always recommended.

For more information go to
<https://www.sportsdietitians.com.au/section/fuelling-recovery/>



Repair, regenerate, rehydrate and restore. What you eat and drink after exercise plays a crucial role in performance, recovery and your immune system. Recovery foods don't have to be expensive or include ingredients you have never heard of. The best exercise recovery foods include:

- ✓ carbohydrates (carbs)
- ✓ protein
- ✓ fluid and
- ✓ electrolytes



While there is no one “best” option, these foods tick all the boxes:

- Milk (add a flavour for when extra carbs is needed for glycogen replenishment)
- Yoghurt
- Smoothies (see over for recipe)

Other great choices ticking most boxes include:

- Tuna crackers and a piece of fruit
- Lean meat and salad sandwich
- Egg, cheese and salad sandwich
- Hummus, nuts and a piece of fruit
add a glass of milk or water for fluid replacement



Smoothie recipe

Method:

1. Place the base ingredients into a blender.
2. Add the ingredients from your preferred option.
3. Mix until smooth.
4. Serve and enjoy.

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Ingredient base:

- 1/2 cup Milk *
- 1/2 cup greek yoghurt
- 2 tbsp rolled oats

Option 1 add:

- 2-3 tsp cocoa
- 1 tsp honey
- 1 frozen banana

Option 2 add:

- 1 cup frozen berries



*if you are not using dairy milk, soy is the best alternative when it comes to exercise recovery. Make sure any milk you use has at least 110mg calcium per 100ml