

THE OHIOHEALTH SPORTS MEDICINE

# Top 5 Recovery Foods

## Timing is everything

### Recovery

If you are completing multiple workouts a day or training at high intensities on back-to-back days, then recovery is essential. For best utilization, choose good sources of carbohydrates, protein and fluids within 30 minutes of a workout. Eat about half your body weight in grams of carbohydrates to replenish muscle glycogen stores. Add 20 grams of protein to start repairing muscle. Include 16 to 24 ounces of fluids to rehydrate.

### Ideas...

- + **Chocolate milk:** It has all the nutrients your body is needs for recovery – quickly digestible carbohydrates and protein, small amount of fat and fluids. Plus, it's delicious!
- + **Tart Cherry Juice:** New research suggests tart cherries reduce muscle and joint soreness and can help speed recovery. They are an excellent source of carbohydrates. Pair a glass of juice with half a sandwich or use it to make a smoothie.
- + **Peanut butter and banana sandwich:** Whole grains and banana provide needed carbohydrates. Peanut butter provides protein and heart-healthy fats.
- + **Fruit smoothie:** Combine low-fat Greek yogurt, frozen banana, and tart cherry juice. Yogurt is a great source of calcium, vitamin D and protein.
- + **Yogurt and granola:** Try plain yogurt to limit added sugars. Add granola and fresh fruit for a hearty snack.



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To learn more about fueling for recovery, visit [OhioHealth.com/SportsMed-Nutrition](http://OhioHealth.com/SportsMed-Nutrition)

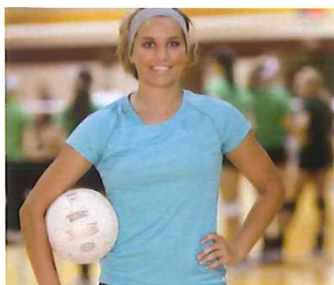
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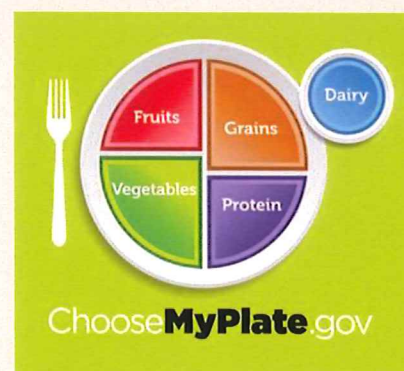


## OhioHealth Sports Medicine for Student Athletes

# Healthy Eating

## What to eat for a strong foundation

Grains	Vegetables	Fruits
<ul style="list-style-type: none"> <li>+ Whole grain bread</li> <li>+ Brown rice</li> <li>+ Whole wheat pasta</li> <li>+ Oatmeal</li> <li>+ Barley</li> <li>+ Popcorn</li> <li>+ Whole wheat crackers</li> <li>+ Pita bread</li> <li>+ Cornmeal</li> <li>+ Quinoa</li> <li>+ Millet</li> </ul> <p><b>Portions:</b>  1 mini bagel or slice of bread  ½ cup rice, pasta, oatmeal = ½ baseball  1 cup cold cereal = baseball  Pancake or waffle = CD  Crackers = package serving size</p>	<ul style="list-style-type: none"> <li>+ Broccoli</li> <li>+ Cauliflower</li> <li>+ Squash</li> <li>+ Potatoes/sweet potatoes</li> <li>+ Greens – kale, spinach, Swiss Chard, collards</li> <li>+ Tomatoes</li> <li>+ Mushrooms</li> <li>+ Green beans</li> <li>+ Beets</li> <li>+ Brussels sprouts</li> <li>+ Cucumbers</li> <li>+ Lettuce</li> </ul> <p><b>Portions:</b>  Cooked vegetables = baseball  2 cups leafy vegetables = 2 closed fists</p>	<ul style="list-style-type: none"> <li>+ Apples</li> <li>+ Banana</li> <li>+ Apricots</li> <li>+ Kiwi</li> <li>+ Oranges</li> <li>+ Mangoes</li> <li>+ Berries - strawberries, blueberries, raspberries</li> <li>+ Grapes</li> <li>+ Cherries</li> <li>+ Melons</li> <li>+ Pineapple</li> </ul> <p><b>Portions:</b>  Apple, orange, peach = baseball  1 cup strawberries = 8  1 cup grapes = 32  Dried fruit = golf ball</p>
Protein–Meats/Nuts/Beans/Fish	Dairy	Healthy Fats
<ul style="list-style-type: none"> <li>+ Chicken, Turkey, Pork</li> <li>+ Beef — lean cuts</li> <li>+ Fish — salmon, shrimp, tuna</li> <li>+ Eggs</li> <li>+ Nuts — almonds, pecans, walnuts, pistachios, etc (~ 24 nuts)</li> <li>+ Lentils or Edamame</li> <li>+ Beans - kidney, black, pinto, refried</li> </ul> <p><b>Portions:</b>  3 oz meat = deck of cards  1 ounce = 1 egg, ¼ cup of beans, or 1 tablespoon peanut butter</p>	<ul style="list-style-type: none"> <li>+ Milk (low-fat or fat-free)</li> <li>+ Chocolate milk</li> <li>+ Ice cream or frozen yogurt</li> <li>+ Yogurt — plain, fruit or Greek</li> <li>+ Cheese</li> <li>+ Cottage cheese</li> </ul> <p><b>Portions:</b>  1.5 oz cheese = 3 dice  1 cup milk, yogurt, ice cream, cottage cheese = baseball</p>	<ul style="list-style-type: none"> <li>+ Olive oil</li> <li>+ Canola oil</li> <li>+ Fish oils</li> <li>+ Avocado</li> <li>+ Nuts</li> <li>+ Seeds</li> </ul> <p><b>Portions:</b>  1 tablespoon oil = poker chip  1 oz. nuts ~ 12  1/2 an avocado  4 olives</p>



*What foods will help you feel your best? The plate pictured, MyPlate, is a great guide for meals and snacks.*

- + Try three meals and snacks to keep a steady supply of energy, carbohydrates, protein, fats and fluids during the day.
- + Select foods from each food group, especially at lunch and dinner.
- + Choose a variety each day.

**NEED MORE INFO?**

To learn more about healthy eating visit, [OhioHealth.com/SportsMed-Nutrition](http://OhioHealth.com/SportsMed-Nutrition)

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## OhioHealth Sports Medicine for Student Athletes

# Recovery Meal Tips

### Recovery meals:

For optimal recovery, fuel your body within 30 minutes of finishing. The body is primed for carbohydrates to restore fuel to your muscles and protein to make repairs. This is especially important for daily high-intensity or back-to-back workouts.

Shoot for 40-80 grams of carbohydrates and 10-20 grams of protein. Include fluids as well for rehydration and electrolytes.

#### NEED MORE INFO?

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### 30 minute recovery ideas:

- + Chocolate milk (low-fat) 10-20 ounces, granola bar
- + Smoothie with low-fat yogurt, banana, berries, and splash of milk
- + Peanut butter and jelly sandwich, sports drink
- + 2 string cheese, whole-grain crackers, apple
- + Bagel with cheese or turkey, sports drink
- + Graham crackers, banana, low-fat milk

### Other meal ideas:

- + Burrito or rice bowl – rice, chicken/pork/beef/beans, vegetables, and salsa, easy on the sour cream and cheese. Add tortilla chips and guacamole. Water
- + Subs – whole grain bread, turkey/chicken/roast beef, veggies, cheese, and mustard/ketchup/touch of mayo. Add pretzels. Water or low-fat milk.
- + Baked/grilled chicken/fish/lean beef, broccoli and brown rice, whole grain roll, low-fat milk or frozen yogurt.

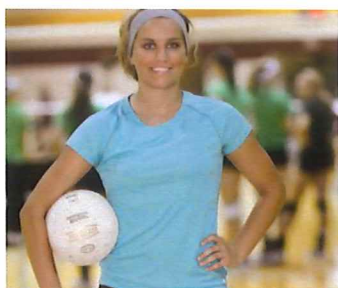
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## OhioHealth Sports Medicine for Student Athletes

# Maintaining a Healthy Weight

### Healthy Weight Gain:

Often athletes need additional weight and muscle mass to improve performance. Adding an extra 300-500 calories a day will promote muscle gains rather than body fat, as long as resistance training is also included. Here are some safe and effective strategies.

- + Eat breakfast, lunch, and dinner
  - Try to include - protein, grains, fruits/vegetables, and dairy
- + Add snacks between meals and before bed
  - Trail mix with dried fruit
  - Cottage cheese and pineapple
  - Cheese and crackers
  - Guacamole and tortilla chips
  - Peanut butter and jelly on whole wheat bread
  - Granola and yogurt/milk
  - Smoothies or meal replacement shakes/bars
- + Drink milk with meals - 1% or 2% for additional calories
- + Bump up for portion sizes
- + Eat before and after training
  - Carbohydrates (40-80 grams) for energy and protein (10-20 grams) for muscle growth and repair

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We offer same-day appointments for injured athletes.

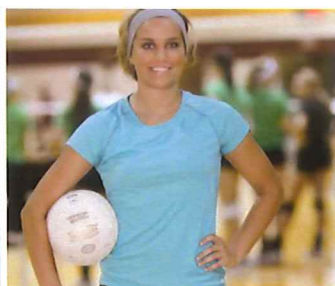
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## OhioHealth Sports Medicine for Student Athletes

# Hydration Tips

**Hydration:** The body is over 60% water. Losing even a small amount of that fluid, 2% of body weight, can result in dehydration. This can increase effort, heart rate and risk of overheating. It can also impair performance and cause fatigue. Monitoring urine color is an easy way to assess hydration status; it should be pale yellow.

### Before Activity

2-3 hours before	16-24 oz. of fluids
	+ Water + Non-fat milk + 100% fruit juice + Sports drink
20 minutes before	5-10 oz. (each gulp is about an ounce)
	+ Water + Sports drink

### During Activity

If it is hot and humid, fluid needs to be increased.	
Every 15-20 minutes	4-8 oz. - water is fine
More than 60 minutes	1-8 oz. every 15-20 minutes
	+ Water and a salty snack like pretzels + Sports drink

### After Activity

How much did you lose?	For every pound of body weight lost during exercise, consume 16-24 oz. of fluid.
Monitor urine color.	+ Chocolate milk, low-fat + Water + Broth or vegetable juice for sodium replacement + Low-calorie electrolyte drink

**Best choice:** Hydrate with water daily, both on and off the field.

#### Other options:

- + **Low-fat milk** provides carbohydrates, electrolytes, protein, calcium, and Vitamin D. It is best with three servings of calcium rich foods each day.
- + **Sports drinks** are a good option when practicing or competing at a high intensity for longer than an hour. They contain carbohydrates and electrolytes to provide energy and promote hydration. They are especially important during hot, humid conditions when athletes are losing significant amounts of fluids.
- + **100% juice** in a small portion of 4-6 ounces once a day. The best time for juice is with a meal or snack, but not during exercise as it can cause stomach and gastrointestinal upset. For athletes watching their weight, fruits and water would be a better hydration options.

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Developed by Dawn Holmes, MS, RD, LD, [Dawn.Holmes@ohiohealth.com](mailto:Dawn.Holmes@ohiohealth.com)  
Adapted from: PowerBar Sports Nutrition & Hydration, and Sports Cardiovascular and Wellness Nutrition (SCAN), Exercise Hydration, Nutrition Fact Sheets Issue 5, April 2009.

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