

# Post-Workout Snacks

When you exercise you use up fuel, break down muscles and can lose pounds of fluid. As an athlete, you need to recover quickly after activity to get your body ready for the next competition.

## Post-Workout Snacks

- 16 oz of high protein, low-fat chocolate milk
- Protein bar with a bottle of water
- Protein shake and a banana
- Beef jerky and apple sauce with a bottle of water
- Peanut butter and jelly sandwich and 8oz of low-fat milk



## Remember the three R's for recovery

- **Rebuild** your muscles with protein (20-30g is ideal)
- **Refuel** your body with carbs (the amount depends on the type of workouts you do)
  - Strength/team sports is 1-2 times protein (20-40 grams)
  - Endurance sports is 2-3 times protein (30-60 grams)
- **Rehydrate** (drink 2-3 cups for every pound lost or hour of activity)

## When and what to eat post-workout:

0-45 minutes post-workout:

- Aim to eat as soon as possible, ideally within 45 minutes.
- Choose simple carbs for quick energy and faster recovery.
- Include high-quality protein to repair muscle fibers — whey protein is ideal since it digests quickly and is high in leucine, which supports muscle protein synthesis.

45 minutes to 2 hours post-workout:

- Follow your post-workout snack with another large snack or meal within 1-2 hours.
- This meal should contain complex carbohydrates, lean protein, good fat, veggies, fruit if possible, and fluid.