

## RECOVERY FOODS

Recovery should aim to reload muscles with carbohydrate and provide protein to muscles for growth and repair. A general aim is for 1gCHO/kg body mass in the first hour after the race. Taking on board 10-20g of protein will assist in the recovery process. Also aim to replace 150% of fluid losses

### CARBOHYDRATE BASED SNACKS CONTAINING APPROX 50g CARBOHYDRATE

- 850mL Gatorade
- 500mL fruit juice
- 1 large bread roll with banana filling
- 2 oven baked fruit bars or 3 muesli bars or 3 real fruit bars
- 2 cups of breakfast cereal and milk
- Cup of vegetable soup and large bread roll
- 2 cups of fruit salad with low fat yoghurt
- 3 medium pieces of fruit
- 2 large bananas
- 1 jam or honey sandwich
- 2 crumpets or English muffins with jam or honey
- 1-2 large pancakes with syrup
- 1 large cake-style fruit muffin
- 2 large scones or hot cross buns with jam
- 1 cup creamed rice (approx 330g)
- 60g jelly beans, snakes or jube based confectionery
- OR a combination of the above

### RECOVERY FOODS CONTAINING AT LEAST 20G PROTEIN

- 500ml milk or smoothie
- 4 scoops Sustagen sport
- Sandwich with lean meat, eggs or cheese and a piece of fruit
- 3 weetbix/vitabrits with 300ml milk
- 500g yoghurt
- 1 ½ cups flaky breakfast cereal and 300ml milk
- Large can baked beans
- Some sports bars (check label – 'real' food is better)
- OR a combination of the above

***For an individual tailored nutrition plan please contact The Athletes Kitchen sports Dietitians Rebecca and Zoë***

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