

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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