

6 After-Exercise Snacks

(Drink water with all of these snacks to re-hydrate)

	<u>Food Choice</u>	<u>Carbs (g)</u>	<u>Protein (g)</u>
1.	1 3 1/2" egg bagel	37.63	7.53
	1 apple	19.06	0.36
	1 4 oz pkg vanilla pudding	25.54	1.64
	1 cup orange juice, chilled	25.37	1.99
	<u>Total</u>	107.60	11.52
2.	1 chocolate fudge pop-tart	37.34	2.65
	1 apple	19.06	0.36
	1 tbsp chunky peanut butter	3.45	3.85
	1 4 oz pkg chocolate pudding	26.00	2.36
	1 cup grape juice, bottled, unsweetened w/o vitamin C added	37.85	1.42
	<u>Total</u>	123.70	10.64
3.	1 8oz low fat fruit yogurt	43.24	9.92
	1 banana	26.95	1.29
	1 cup strawberries	12.75	1.11
	1 Rice Krispies Treat square	17.71	0.75
	<u>Total</u>	100.65	13.07

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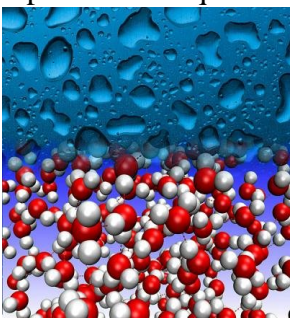
	<u>Food Choice</u>	<u>Carbs (g)</u>	<u>Protein (g)</u>
4.	1 cup applesauce, canned, sweetened, w/o salt	50.77	2.65
	1 4" everything bagel	44.95	8.92
	1 oz Chex Mix	18.46	3.12
	<u>Total</u>	114.18	12.50
5.	1 Snickers bar	34.52	4.29
	1 cup seedless raisins	114.81	4.45
	<u>Total</u>	149.33	8.74
6.	1 glazed doughnut	30.38	3.73
	1 oz cheddar cheese	0.36	7.06
	16 crackers, snack-type	29.28	3.56
	1 cup applesauce, canned, sweetened, w/o salt	50.77	2.65
	<u>Total</u>	110.79	14.81

Nutrition for Recovery

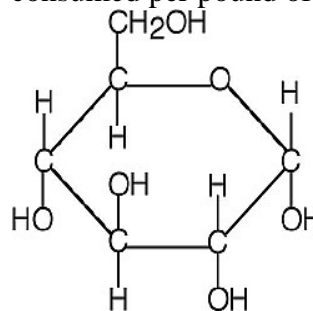
Research has shown that if carbohydrates are consumed within 30 minutes of the completion of an activity, glycogen is replenished at a faster rate. Glycogen is a compound that is used as an energy source in the body. It is important to refuel for the next match as soon as possible in order to promote a faster recovery and improved performance in the next match. Fast recovery is especially important for days of competition that involve multiple matches to be played. Studies have shown that if proper refueling occurs between exercises, performance is better during the second activity than if no refueling occurred.

The rest of this handout is devoted to providing guidelines for the amount of carbohydrates, proteins, and fluids that should be replaced after a practice or match. The 6 After-Exercise Snacks handout gives some examples of food sources and relative amounts that would be acceptable after-competition snacks.

Hydration: Dehydration is always a concern, especially with this Michigan humidity. The general guideline for fluid replacement requires the knowledge of how much water was lost during exercise. A simple method to determine the water weight lost during an activity is to weigh yourself before and after the activity (make sure you have dry clothes on both times). 150% of the fluid lost during the activity should be replaced within about 2 hours after the activity is completed. About 24 oz of water should be consumed for every pound of weight lost. Other fluid options other than water include: sports drinks, juice, or sport nutrition shakes. Be aware that all of the alternatives to water have sugar and calories.



Carbohydrates: 0.5 to 0.7 grams of carbohydrates should be consumed per pound of body weight within 30 minutes of the completion of the exercise and should be repeated every 2 hours for 4-6 hours after the activity. These carbohydrates should be high glycemic index carbohydrates. High glycemic index carbohydrates break down into compounds that can be utilized as an energy source more readily than low glycemic index



carbohydrates. When more than one match is going to be played in one day, it is important to consume these high glycemic carbohydrates immediately after the match so that the body has time to digest the food while resting and not during the next match.

Protein: It is important to consume about 10 grams of protein after an activity in order to provide amino acids that are used to build and repair muscle tissue. There are many foods that are good sources of protein; some of those are yogurt, string cheese, luncheon meat, tuna, peanut butter, and hard boiled eggs.

