

Fluids and Foods *AFTER* Training/Competition



Post-exercise, nutrition provides:

- Energy and nutrients
- Physical comfort; absence of hunger
- Mental alertness

Targets:

- Optimal fluid and electrolyte levels
- Carbohydrate to restore muscle glycogen
- Protein to repair muscle damage
- Nutrients to support health and a strong immune system

Why?

- To replace lost fluid
- To ensure energy and nutrients to recover and prepare for the next event.

For rapid glycogen replacement, consume fluid and carbohydrate-rich foods 15 minutes (or as soon as possible) after exercise. Carbohydrate consumed immediately after exercise moves readily through the blood stream and into muscles to replace glycogen. Within 2 hours, absorption rates slow to normal.

AFTER exercise:

- Drink 1½ L of fluid for every kg of body weight lost.
- Consume some salty fluids and food for electrolyte (sodium) replacement and better fluid retention.
- Eat a high carbohydrate meal/snack which includes rapidly absorbed (high glycemic index*) foods.
- Have some lean protein food.
- Avoid skipping meals. Be sure to eat your next regular meal (breakfast, lunch, or dinner).

* For information about the glycemic index of food, check out the [Carbohydrate – Go Food](#) section of Training Diet – Everyday Eating.

The amount of food you consume immediately after exercise will vary according to the amount of time between your training or competition and your next scheduled meal or snack.

Late night RECOVERY nutrition:

After an evening training session or competition, it is never too late to eat your recovery meal. Plan a carbohydrate-based meal such as cereal with milk and fruit or a lean meat sandwich with juice.

CONVERSION: 250 mL = 1 cup = 8 oz.

AFTER – Focus on Fluid and Carbohydrate, and Protein

After exercise, eat a snack immediately, followed by a balanced meal within 2 hours. Choose from all four food groups:

Grain products	Vegetables and fruit
Milk products	Meat and alternatives

Meal ideas – from home or on the go:

Plan foods to carry with you or food outlets where you can buy part or all of a meal.

- Fruit juice, bagel (with jam), yogurt
- Hot or cold cereal, milk, banana, juice
- Egg, ham on an English muffin, juice
- Lean meat sandwich or sub, carrot sticks, milk, oatmeal raisin cookie, fruit
- Minestrone soup, bagel, cheese, vegetable juice
- Chili on a baked potato or with a crusty roll, milk
- Pasta, vegetables and meat sauce, bread roll, juice, applesauce
- Bean burrito with vegetables, chocolate milk
- Thick crust pizza with lean meat, vegetable topping, milk, fruit

Snack ideas: Pack snack items to have on hand. Some snacks can be part of your next meal.

- Cereal/cereal bar, fruit, milk/yogurt
- Pretzels, tomato or fruit juice
- Bagel, peanut butter, jam, chocolate milk
- Yogurt, crackers or cookies, juice
- Pita and/or raw vegetables with hummus, milk
- Canned beans and pita, vegetable juice
- Fruit smoothie (fruit, milk, yogurt) and toast
- Sport or energy bar, fruit, chocolate milk

Snacks for backpack or car:

- Dry cereal
- Cereal, sport, or energy bars
- Juice boxes or fruit cups
- Crackers
- Tuna or beans in cans with pull-off tops
- Dried fruit
- Trail mix with cereal

Avoid bacterial contamination of meals and snacks. Keep cold foods cold and hot foods hot. Bacteria reproduce quickly at room temperature.

Try recovery fluid and food in training to find out what is comfortable for you. Never try new food or drinks if you will be competing again within the next 48 hours.

SNAC Sport Nutrition Advisory Committee
Comité consultatif sur la nutrition sportive

