

The 5 R's of Recovery Nutrition

1. **Rest:** We need to rest to get the most out of our training.
2. **Rehydrate – Fluids:** Keep drinking once you are finished your game or practice. Replace 3 cups of fluid (750 ml) per pound lost during the game. Monitor the colour of your urine to ensure you are hydrated – “pale and plentiful” is the goal.
3. **Replace – Carbs:** To ensure you go into your next workout feeling energized, it is necessary to replenish carbohydrates used for energy during your game or practice. The harder your game or practice, the more carbs you have burned and will need to replace. Foods rich in carbs include fruits, veggies, breads, cereals, grains such as pasta and rice, yogurt, milk, etc.
4. **Repair – Protein:** Protein helps to repair and aids in the recovery of muscle and other tissues damaged during games and practices. It also helps to keep you from getting sick by keeping your immune system strong. Foods high in protein include meat, poultry, fish, peanut butter, nuts, eggs, tofu, legumes, milk, cheese, and yogurt.
5. **Rejuvenate:** To combat free radicals (produced by the physical stress of exercise) that can damage your body's cells (red blood cells that transport oxygen, muscle tissue, etc.), take in antioxidant rich foods. They help scavenge free radicals and protect cells from damage which leads to better recovery. Your recovery meal should be abundant in plant-based foods since this is where you find antioxidants (Vitamin C, Vitamin E, Beta Carotene, Phytochemicals).

**** Be sure to eat enough in your recovery meal so that you are maximizing your ability to bounce back from the workout or competition. This becomes really important if you have another workout or competition coming up soon.**

➤ Ideas To Get You Started:

- **Right away:** Chocolate or white milk.
- **Right away:** Sports drink and trail mix.
- **Right away:** Banana.
- **Right away:** 100% unsweetened juice.
- Within 2 hours:** Pancakes with maple syrup, fresh fruit salad, cottage cheese.
- Within 2 hours:** Vegetable and chicken pizza, vegetable salad with vinaigrette dressing.
- Within 2 hours:** Pasta with meat sauce, mixed veggies and spinach salad/vinaigrette dressing.
- Within 2 hours:** A whole wheat wrap with hummus and veggies and a piece of fresh fruit.