

3 Rs OF POST EXERCISE NUTRITION FOR RECOVERY

1 REFUEL

AIM TO CONSUME CARBOHYDRATES WITH A HIGH GLYCAEMIC INDEX IN THE HOUR POST EXERCISE TO REFUEL THE MUSCLES



AVOID ALCOHOL OR HAVE ONLY IN MODERATION



For example **75 kg** body mass amateur team sport athlete

1.2 grams of carbohydrate per kg body mass per hour over the first 4hrs after exercise



90 grams of high GI carbohydrate

e.g. White rice
Potatoes
White bread
White pasta

CARBOHYDRATE IS KING FOR REFUELLING POST EXERCISE

2 REPAIR



PRIORITISE PROTEIN-RICH FOODS TO PROMOTE MUSCLE REPAIR AND RECONDITIONING DURING POST EXERCISE RECOVERY

TOTAL, TYPE AND TIMING OF PROTEIN FOR MUSCLE REPAIR AND RECONDITIONING



1 TOTAL



15-25g per meal



2 TYPE



Foods high in protein, particularly essential amino acids and leucine. This can be through animal sources (e.g. dairy) or by having a mix of plant-based proteins.



3 TIMING



Post exercise and at regular points throughout the day

3 REHYDRATE



ENSURE TO FULLY REHYDRATE AFTER EXERCISE TO REPLACE BOTH FLUID AND SODIUM LOST THROUGH SWEATING

HOW SHOULD WE MONITOR OUR HYDRATION LEVELS?



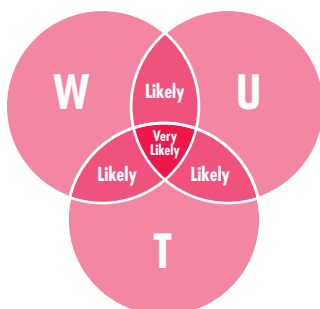
Weight:
Have you lost more than 2% body mass?



Urine:
Is your urine a dark colour?



Thirst:
Are you thirsty?



EXAMPLE OF HOW URINE COLOUR MIGHT VARY WITH HYDRATION STATUS

Probably adequately hydrated			
Possibly dehydrated			
Probably dehydrated			

Note: Colour reproduction may vary slightly from the original - do not use this chart for diagnostic purposes

DANONE

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PROFESSIONAL