

Post-Game Nutrition

For help with an individualized nutrition plan, contact the Sports Dietitian with Northside Hospital Sports Medicine at **404-327-1626**.



■ Why is nutrition after sports important?

Nutrition after practice or a game helps your body recover and get ready for your next practice or game. This means your muscles will be less sore and fatigued, and you will have energy. This is especially important if you have less than 24 hours before your next practice or game.

During exercise, your body uses carbohydrates for fuel, your muscles break down a little bit, and you lose water and electrolytes in sweat. Nutrition after practice or a game will help:

- Replace carbohydrates in your muscles to refuel, improve energy and reduce soreness
- Repair and rebuild muscles with protein to reduce soreness and stimulate muscle production
- Restore fluids and electrolytes to rehydrate

■ What to eat and drink after a practice or game

Within an hour

Jump-start your recovery.

Eat a snack or meal with:

- Carbohydrates
- Fluids
- Protein

Liquids may be easier to tolerate if you're not very hungry:

- Chocolate milk
- Smoothie with yogurt and fruit

Or try a snack such as

- Banana and handful of mixed nuts with water
- Nut and dried fruit trail mix with water
- Peanut butter and pretzels
- Turkey sandwich with grapes and water

Within 3-4 hours

Keep your recovery going!

Eat a full meal with:

- Carbohydrates
- Fluids
- Protein
- Colorful fruits and veggies

- Peanut butter and jelly sandwich, baby carrots and a banana
- Turkey and cheese wrap on whole wheat tortilla and strawberries
- Veggie omelet with whole wheat toast and an apple
- Grilled chicken, steamed broccoli and sweet potato
- Rice bowl with beans, lettuce, tomato, salsa and cheese
- Whole wheat spaghetti with meatballs and a side salad