

Recovery Nutrition

Recovering properly after an endurance event is imperative for you to be able to have continued improvement in training while jump-starting your preparation for the next session. The three R's of recovery nutrition include: **Replenish, Repair, and Rehydrate.**

Replenish: Carbohydrates are the body's preferred and most efficient form of fuel. With only enough storage to last for a few hours of activity, athletes must replenish carbohydrate stores after intense activity.

Repair: During activity, muscle is broken down. Consuming high-quality protein (e.g., meat, fish, eggs or dairy) can initiate repair and growth of muscle. Protein should be consumed following activity, as well as with each meal.

Rehydrate: Fluid is lost in the form of sweat, especially during intense activity or in warm climates. Rehydrating with fluids and electrolytes can restore fluid balance, allowing the body to maintain an appropriate temperature and to function at its best. Fluids should be consumed until weight from initial sweat loss returns to normal, or until urine returns to being clear or pale, similar to lemonade. Consuming whole foods with water or using a sports drink can help replenish electrolytes (e.g., sodium, chloride and potassium) that may be lost.

Supplements

While food is the preferred source of nutrition, it may be challenging at times to meet all of your needs — especially protein — which can be found in numerous food sources, as well as in supplements such as protein powders. When time is limited, or if carrying whole foods is unrealistic, consuming 20-40g of an NSF-certified whey protein shake can be a convenient and effective strategy. Many protein powders will provide little to no carbohydrates, so carbohydrate sources such as fruit, grain, or a sports drink may need to be paired with the protein-based supplement.

Endurance Training (24 hours or more to recover)

Replenish	Repair	Rehydrate	Example (150 lb)
0.5 grams carbohydrate/ lb body weight	20-40 grams protein	20-24 oz (2.5-3 cups) / lb body weight lost (sweat)	1 cup oatmeal + 2 Tbsp raisins + large banana + 1 container greek yogurt + fluid

Molly Wong Vega, MS, RDN, LD
Sports Dietitian
IRONMAN Sports Medicine Institute
929B Interstate 10 Frontage Rd, Suite 101
Houston, TX 77024
Main Phone: 713.897.7912
Molly.Vega@MemorialHermann.org



Carbohydrates (1 serving, 15 g each)

- Small fruit (1 C or 1 tennis ball size)
- Applesauce (1/2 C)
- Bagel – whole grain (1/4)
- Beans – (1/2 C)
- Bread – whole grain (1 slice)
- Cereal – whole grain (1/2 C)
- Crackers – 4-6
- English muffin – whole grain (1/2)
- Milk* – 1% skim (1 C)
- Oatmeal – cooked (1/2 C)
- Pasta – whole grain, cooked (1/3 C)
- Potato – sweet (3 oz. or 1/2 C)
- Quinoa – cooked (1/3 C)
- Rice – whole grain, cooked (1/3 C)
- Tortilla – whole grain (6")
- Yogurt* – Greek, non-fat or low-fat (1/3 C)

C= cup; oz = ounce

Protein (1 serving, 7g each)

- Beans (1/2 C)
- Beef – Ground 93/7 (1 oz.)
- Cheese, String– low fat
- Chicken – White meat, skinless (1 oz.)
- Cottage Cheese (1/4 C)
- Egg (1 each)
- Egg White (2 each)
- Fish (1 oz.)
- Milk* – Skim, 1% (1 C)
- Pork - Loin, Tenderloin, Chop (1 oz.)
- Salmon (1 oz.)
- Tuna – canned (1 oz.)
- Turkey – Ground 93/7 (1 oz.)
- Turkey – white meat, lean (1oz.)
- Yogurt* – Greek (1/3 C)

C= cup; oz = ounce

**Indicates a food that contains both protein and carbohydrate servings*

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