

RECOVERY

NUTRITION

**BECAUSE WHAT YOU EAT
AFTER YOU COMPETE IS JUST
AS IMPORTANT AS WHAT YOU
EAT BEFORE**

PROTEINS

Protein is needed for muscle tissue repair and promote growth.

Goal: 0.25–0.3 g/kg
body weight

INSTEAD OF...

1. Sugary drinks
2. Chips or pretzels
3. Raw vegetables

CHOOSE:

1. Fruit and yogurt smoothie
2. Crackers and peanut butter
3. Starchy vegetables

WHAT'S INVOLVED IN RECOVERY NUTRITION?

CARBOHYDRATES

Carbohydrates are needed to replenish glycogen stores and support immune function.

Goal: 1–1.2 g/kg
body weight

HYDRATION

Fluids are essential for replacing what was lost through sweat. A drink with sodium can help with fluid retention

Goal: 16–24 oz

SLEEP

Sleep is vital for helping the body recover after competing. Consuming 20–40 grams of protein before going to bed can help support muscle tissue repair.