

# SPORTS NUTRITION TIPS



## Recovery

### REPLENISH

Carbohydrate is the primary source of fuel for muscle. After intense exercise it becomes depleted and you must replace what is lost.

Replace 0.5 grams carbohydrate per pound of body weight within 1-2 hours of exercise.

Choose carbohydrate containing protein & other micronutrients that aide in muscle recovery.

1 Carbohydrate Serving = 15 grams

1/2 cup fruit

1/4 cup dried fruit

1/3 cup yogurt

1 slice of bread

1/2 cup bean/legume/oatmeal

1/3 cup rice/cereal/quinoa

6" tortilla

1 cup milk

### REPAIR

High quality protein is needed to stimulate muscle growth and repair after intense exercise.

Consume 20-40 grams of protein within 1 hour of activity and with each meal thereafter (every 3-5 hours).

Ensure protein intake with recurrent exercise sessions with less than 8 hours for recovery.

1 Protein = 7 grams

1 oz lean meat (beef, fish, pork, chicken, turkey)

1 egg or 2 egg whites

1/3 cup yogurt

8 oz low fat milk

1/2 cup bean

1 oz low fat cheese

1/4 cup low fat cottage cheese

### EXAMPLES:



16 oz High Protein Milk



8 oz Greek Yogurt based Smoothie with Fresh/Frozen Fruit



Whole Grain Turkey Sandwich with Low Fat Cheese & Veggies

To schedule a nutrition consult with a dietitian:



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