

Nutrition for Recovery

What should I eat after practice?

-A meal with healthy protein, fats, and carbs

-Examples:

-Chicken with rice and your favorite veggies (make it fun and turn it into chicken fajitas with rice and beans, etc.)

-Burger (made at home!!) with a side salad or good veggies on the burger (onion, tomato, lettuce/spinach) and a side of potatoes of your choice

-Meat-free option: pasta with tomato sauce. Add your favorite veggies to the sauce as it cooks (zucchini, spinach and broccoli are great). Add greek yogurt to the sauce for some protein and to make it a creamy sauce

-STAY AWAY FROM PROCESSED/FAST FOODS AFTER PRACTICE/GAMES!!!

-As often as possible, opt for a homemade meal over takeout or fast food. Also try to stick with whole foods instead of processed foods (no frozen nuggets when possible!). If fast food is your only option, go for grilled chicken over fried! Or get a salad to get in those veggies.

-Add a smoothie to your meal!!

-Great base smoothie recipe: **bananas, your favorite frozen berries/other fruits** like mango/pineapple, **SPINACH!!!** This adds greens and you can't taste it! **Yogurt** (if desired) and a **liquid for blending** (juice, water, or milk). Add protein powder if you want to!

Hydration

-LOTS OF WATER!!!!

-Gatorade is okay right after practice, but not all day long.

-Milk or chocolate milk is a great option for recovery!

Electrolytes

-Potassium isn't the only one to think about!!

-Magnesium is especially important, and so is sodium

-Spinach/Kale/other leafy greens are great sources of potassium and magnesium. Add these to any meal wherever you can!

-Add a little extra salt to the food on your plate for added sodium

If you have specific nutrition questions, come see the ATs!