

RECOVERY NUTRITION SNACK GUIDE FOR YOUNG ATHLETES



It is important for competitive young athletes to understand how to properly fuel their bodies before but also after a long or intense practice, game or competition.

After an intense or very long event when the next meal is hours away, it's important to have recovery snacks on-hand. Certified sports dietitian, Taylor Morrison, M.S., R.D., CSSD, L.D., says, "while it's important to know easy snack ideas, it's even more important to know the framework to follow in order to build these ideal recovery snacks." Knowing the framework can help prevent snack fatigue and also be used in selecting quality recovery meals.

Below is a guide to creating great recovery snacks. Athletes can use the examples listed or include some of their own favorite foods to build snacks they will enjoy.

3 KEY COMPONENTS TO THE IDEAL RECOVERY SNACK

- 1. Carbohydrate:** refills depleted energy stores in the muscle and liver. Provides the body with energy (which allows consumed protein to heal tissues and maintain muscle).
- 2. Protein:** used to rebuild or repair worked tissues in the body.
- 3. Fluid:** prevents dehydration and promotes optimal recovery.

RECOVERY SNACKS SHOULD BE MADE WITH WHOLE FOODS, NOT PACKAGED SUPPLEMENTS

It's important to focus on whole foods for recovery vs. supplements because the micronutrients in the foods can also be important factors for recovery and injury prevention. Some of these micronutrients include: vitamin D, calcium, potassium, magnesium, B12 and iron.

FOOD/DRINK	PROTEIN	CARBOHYDRATE	FLUID
Chocolate Milk	Milk	Milk + Chocolate	Milk
Turkey Wrap + Water	Turkey	Tortilla	Water
Smoothie	Milk	Fruit (fresh or frozen) + Milk	Ice, Milk + Fruit
Peanut Butter Toast + Milk	Peanut Butter + Milk	Toast + Milk	Milk
Yogurt + Granola + Water	Yogurt	Granola + Yogurt	Water + Yogurt
Granola Bar + String Cheese + Sports Drink	String Cheese	Granola Bar + Sports Drink	Sports Drink
Dried Edamame + Fruit + Water	Edamame	Fruit + Edamame	Water + Fruit

To know more specifically how much carbohydrate, protein and fluid your athlete needs for optimal recovery after long intense games or tournaments, meet with a registered sports dietitian who can create recommendations unique to your athlete.



Learn more at scottishriteforchildren.org/nutrition