

Recovery Nutrition



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Why recovery and nutrient are important?

One major aspect of training in sports is recovery. Recovery is act of returning your body to normal healthy state after your body takes in the workload that you have done in sports or training that day. Having a good nutrition is another way of recovery. For example eating the right food with protein would help speed up your recovery. Protein also help with muscle repair. Having a good meal is as important as having a good training.



Fluids

Staying hydrated during sports or training are very important because fluids replenish the water that are lost in sweat. During exercise, you may lose as much as 2L of water through sweat. Drinking fluids would prevent heat stress or cramps. It is also important because during exercise the rate you sweat are higher than the rate you drink. However, you should not over hydrate yourself because it would dilute the sodium concentration in your blood stream. This would cause headache, coma and even death!



Carbohydrates



Carbohydrates is a essential for everyone, especially for after and before physical activity. The amount of carbohydrates we intake before and after sports will display how good or bad our duration will be while doing playing sports. When carbohydrates are digested the carbohydrates in the food will convert into glucose and goes through the blood into cells for energy. The extra glucose will turn into glycogens(carbohydrates that is kept in the liver and muscle used as long term energy storage that would be used in physical activity) but make sure you don't have to much carbs because anything over 300-400 grams of glycogens will turn into fat . After physical activity we should have a recovery meal right away with a good amount of carbohydrates to renourish your lost of carbohydrates or the exercise you did will not be as effective.

Protein

Having the right amount of protein is a very important role for our bodies especially if we have physical activity. Cells require protein to become a fully functioning healthy cell, body tissues and organs. Proteins include thousands of amino acids that will help our muscles recover after a workout and help them develop, so the workout is more effective. After exercising we should make sure we have a good amount of protein to ensure we are getting the best out of our workout.



Recovery Food Idea: Broiled Salmon

extra virgin olive oil

2 6-oz fillets of salmon

1 lemon

1 radish, thinly sliced

2 cup micro greens

½ cup shelled edamame, cooked

¼ cup crumbled Feta cheese

1 Tbsp fresh dill

salt and pepper



Your body cells recover the best especially the glycogen stores within the first 30 minutes after sports or training.

Questions

1. What is one major aspect of training in sports?
2. Your body can lose 2L of water through sweat during exercise. TRUE or FALSE
3. What is one of the symptom if you over hydrate yourself?
4. 300-400 grams of glycogens will turn into fat. TRUE or FALSE
5. Proteins include thousands of amino acids that will NOT help our muscles recover after a workout and help them develop. TRUE or FALSE

Bibliography

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