

Common Carbohydrate Foods for Recovery

Each portion outlined below has ~ 30 g of carbohydrate.

Use this as a guide to mix and match foods to meet your recovery nutrition needs.

<p>My Recovery Needs: 1.0 – 1.2 g/kg → carbohydrate needs for immediate recovery = _____ g</p>
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Food	Amount
Grains	
Bagel	½ medium
English muffin	1
Whole wheat bread	2 slices
Hamburger bun	1 medium
Pancakes	2 (4" diameter)
Rice, cooked*	½ cup
Quinoa cooked	¾ cup
Pasta, cooked *	1 cup
Cereal, hot/cooked	1 cup
Cereal, cold	¾ cup
Granola	½ cup
Kashi Granola Bar	1.5 bar
Crackers	6 squares
Fruit & Vegetables	
Fresh whole fruit	2 pieces
Banana	1 medium
Fruit canned	1 cup
Applesauce	1 cup
Raisins, dried apricots	1/3 cup
Fruit smoothie ♣	8 oz
General starchy vegetable	1 cup
General vegetable raw	6 cups!
Baked potato	1 mediu
Sweet potato	1 cup cubes cooked
Corn	1 cup

Food	Amount
Dairy	
Milk (regular) ♣	2 cups
Milk chocolate ♣	1 cup
Yogurt (fruit) ♣	¾ cup
Frozen yogurt	1 cup
Beverages	
Sports Drink ♣	
Orange or apple juice ♣	2 cups (16 oz.)
Cranberry cocktail ♣	1 cup
Meal Replacement Drink ♣	1 cup
	175 ml (¾ cup)
Sports Bars	
Elevateme Bar	
2/3 bar	2/3 bar
Powerbar	
Common Meals	
Soft bean burrito (fast food)	
Lentil Soup ♣	1/5 burrito
Thin Crust Pizza	1 ¼ cup
Wrap	2 small slices
	¾ wrap
☺ added benefit because also provides fluids	

- In the immediate post exercise period consume a carbohydrate rich snack or meal within the first **30 minutes** of finishing, as this is when rates of glycogen synthesis are greatest.
- Important when time between prolonged training sessions is **less than 8 hrs**.
- **Type and form** (meal or snack) of carbohydrate that is suitable will depend on a number of factors: athletes overall daily carbohydrate and energy requirements, gastric tolerance, access and availability of suitable food options and the length of time before the next training session.
- Carbohydrate as one of the strongest **immune protectors**. Ensuring adequate carbohydrate stores before exercise and consuming carbohydrate during and/or after a prolonged or high-intensity work-out has will help maintain immunity.

~25 GRAMS OF PROTEIN PER SERVING

Go for 15 – 25 g of protein in recovery meal or snack.

Food	Portion
Dairy	
Egg whites liquid	1 cup
Egg whole	3 eggs
Low fat Cottage cheese	1 cup
Plain yogurt	2 cup
Fruit yogurt	2 cup
Greek yogurt	1 cup
Milk	3 cups
Chocolate milk	3 cups
Mozzarella Cheese	¾ cup (3 oz.)
Meat	
Chicken breast (boneless, skinless)	3 oz.
Turkey breast slices	3 oz. (5 – 6 slices)
Turkey breast ground	3 oz. (¾ cup cooked)
Ham	3 - 3.5 oz. (5 – 6 slices)
Tuna (canned)	3 oz. (1 can)
Ground beef/bison	3.5 oz. (¾ cup cooked)
Roast beef	3 oz.
Pork	3 - 3.5 oz.
Steak	3 oz.
Salmon fillet	4 oz.
Salmon canned	4 oz. (canned bones)
White fish fillet (e.g. sole)	3.5 oz.
Beans	
Kidney beans	1 ¾ cup (cooked)
Chick peas	2 cups (cooked)
Black beans	2 ½ cups (cooked)
Lentils	2 cups (cooked)
Soy Products	
Soy milk	3 cups
Tofu (firm)	1 ¼ cup (100 g, ¾ block)
Soy beans	1 cup cooked
Protein Powder/Supplement	
Whey protein Isolate	1 scoop (30 – 34g)
Soy protein	1 scoop (30 – 34g)
<p><i>3 oz. is about the size of a deck of card or the palm of your hand.</i> <i>Nuts, seeds and nut butters can also contribute to high quality protein intake but be aware of the fat content (although healthy fats) that is in each serving.</i></p>	

Protein needs vary depending in sport, nutrition and body composition goals and training phase.

During period of where goals include **lean mass gains** choose one high quality serving of protein in each meal and at least 15 – 25 g of protein in recovery nutrition after strength training. Whey based protein sources favor muscle protein synthesis over soy.

During a period of **lighter training**, skill based session or goals to maintain low body mass recovery needs will be met with 10 – 15 grams of protein in recovery food.

My protein needs daily:

Endurance athletes My weight (kg) x 1.2 – 1.4g/kg/day

Power & strength athletes My weight (kg) x 1.4 – 2 g/kg/day

To find out more about meal planning, protein needs and food choices to optimize nutrition for your sport connect with a CSCP dietitian.

<http://www.cscppacific.ca>