



N u t r i t i o n a l

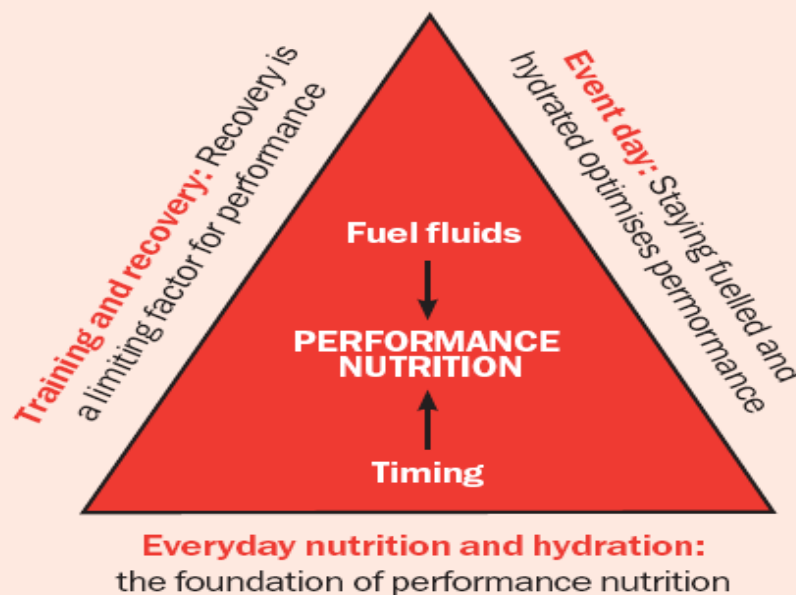


Dear Parents and Players,

Not long ago, few people were certain about which type of fluids or foods were best for recovery, how much or how often they should be consumed. Research on the role of nutrition in exercise and sport has increased dramatically over the last 20 years. Today there is no doubt that nutrition plays a vital role in exercise performance and training. There is no question that competitive athlete can benefit from adequate energy, nutrient and fluid intake. Good nutrition can also help competitive or recreational athletes recover from strenuous physical activity. Refueling and rehydrating the body, while providing nutrients to build and repair muscles, will enable the players to engage in the next bout of physical activity without adverse effects. This is especially important for athletes during sport tournaments, or for athletes who engage in strenuous physical activity on a daily basis. Between the strenuous activities you must replenish the body's glycogen stores (energy stores), repair muscle tissue and consume adequate fluid to ensure optimal exercise performance. Just as we have optimal training, you should have optimal recovery through nutrition.

Figure 2: Your personal nutrition pyramid

The foundation of your nutrition should focus on what you eat and drink on a day-to-day basis. Your second focus should be on optimising your training and recovery through the right blend of carbohydrate, protein and nutrient timing. By supplying your everyday and recovery needs, you'll be ready for a simple fuelling strategy on the day of the event.



Well-fueled and well-hydrated athletes reduce their risk of injury during exercise- a risk that increases as individuals become fatigued and lose the ability to concentrate, and as they deplete the substrates that fuel exercise. Another aspect of nutrition recovery that plays important role in optimal recovery is timing or specific time at which you consume certain nutrients to enhance the adaptive response to exercise. Current researches show that you should begin your recovery nutrition routine in 15 to 60 minutes following training or competition.

An easy way to keep recovery nutrition as simple as possible is by remembering the three R's: Refuel, Rebuild, and Rehydrate. Refuel starts with carbohydrates. To replenish depleted blood sugar and muscle glycogen stores and recover from demand of strenuous exercise, you should plan to consume carbohydrates as soon as tolerable, preferably within 30 minutes post competition or activity. Rebuild begins with protein. Consuming some protein along with the carbohydrates stimulates faster glycogen replacement. The protein also optimizes muscular repair and growth. Rehydrate is the third "R" and simply means to restore the fluids (and electrolytes) lost in sweat. The amount and ratio of nutrients varies with athletes, and recommendation should take into consideration age, gender, body size, physical condition, duration, nature of events and some other factors. Although it is essential to consider all these variables, there are some guidelines that most of you can apply to your training and competition. To help you out in planning your post-training meal, I put together some samples of post-recovery meal that will meet your nutritional needs and optimize your health and performance.

Food choice	Carbohydrates (grams)	Protein (grams)
1 8 ounce low fat fruit yogurt	43.24 grams	9.92 grams
10 candies, gumdrops, starch jelly pieces	73. 19 grams	0.00 grams
Totals	116.43 grams	9.92 grams

Food choice	Carbohydrates (grams)	Protein (grams)
1 cup trail mix tropical snacks	91.84 grams	8.82 grams
1 cup raw grapes	28.96 grams	1.15 grams
Totals	120.80 grams	9.97 grams

Food choice	Carbohydrates (grams)	Protein (grams)
1 cup of roasted nuts	75.73 grams	4.53 grams
2 blueberry muffins	56.48 grams	6.02 grams
Totals	132.21 grams	10.55 grams

Food choice	Carbohydrates (grams)	Protein (grams)
1 cup dried plums	69.64 grams	2.38 grams
1 4" cinnamon-raisin bagel	49.13 grams	8.72 grams
Totals	118.77 grams	11.10 grams

Food choice	Carbohydrates (grams)	Protein (grams)
1 cup of dates	133.55 grams	4.36 grams
1 ounce (approx. 28) dry-roasted peanuts	6.10 grams	6.71 grams
Totals	139.65 grams	11.07 grams

Food choice	Carbohydrates (grams)	Protein (grams)
1 10.6 fl oz choc. milk shake	68.27 grams	9.15 grams
2 raw bananas	53.90 grams	2.58 grams
Totals	122.17 grams	11.73 grams

Here are some examples of recovery snack that can jumpstart the body's recovery process to help you come back stronger and healthier. In the real world, you might not be able to get the exact ratio of carbohydrates and proteins, but the bottom line is you want to make sure you eat and drink something, and as quickly as you can after your workout or game.