



Performance Nutrition Pathway Program

U16 MODULE 2 ACTIVITY: BUILD YOUR OWN RECOVERY SNACKS

As you have learned, post exercise recovery is an important aspect for many athletes. Optimal recovery will enhance your adaptations to training and prepare you for your next session. There are many factors that can interfere with recovery strategies;



- Poor appetite following exercise
- Lack of access to snacks
- Long distance to travel from training to home
- Competing interests for your time – coaches meetings, team admin
- Injury treatment

Activity 1: Using your personal recovery formula and food labels on common foods you like to eat at home, develop 2-3 complete recovery snacks that you know you will eat following Softball training and games. If you are completing this activity and don't have access to your usual snack foods at home, use the table below for ideas.

MY PERSONAL RECOVERY FORMULA =

CARBOHYDRATE REQUIREMENTS = 1g/kg body weight

PLUS

PROTEIN REQUIREMENTS = 10g-20g post skills sessions OR 20-30g following weights sessions, intense speed sessions and games

I REQUIRE _____g Carbohydrate and 10-30g protein for recovery depending on the session



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MY SAMPLE RECOVERY SNACKS

MY RECOVERY EXAMPLES	Carbohydrate (g)	Protein (g)
My Recovery Snack 1: (aim for your personal carbohydrate requirement and 10-20g protein)		
TOTAL		
My Recovery Snack 2: (aim for your personal carbohydrate requirement and 20-30g protein)		
TOTAL		

+ FLUIDS





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SAMPLE FOODS AND DRINKS FOR RECOVERY

DRINKS	Carbs (g)	Protein (g)
600ml Gatorade	36	-
Sustagen 250ml tetra pack	41	12
250ml Up and Go	31	9
350ml Up and Go	40	20
600 ml low fat flavoured milk	~50	~20
Milo (300mls milk + 2 scoops Milo)	28	16
Glass of cordial (300ml)	28	0
Glass of juice (300 ml)	31	0
FOODS		
K Time Twist Bar	28	1
Ski D'lite yoghurt	30	10
Muesli Var	20	2
420g can creamed rice	66	10
Jam sandwich	45	7
Cheese sandwich	35	15
Peanut butter sandwich	37	11
4 pikelets + jam	89	10
2 crumpets + honey/jam	54	5
2 slice fruit bread + jam/honey	54	5
2 whole English muffins + jam/honey	65	13
Apple (1 medium)	17	-
Banana (1 medium)	20	2
Large bowl of cereal + milk + canned fruit	83	19



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