

REST HUB

Recovery Ready

Recovery Nutrition

Nutrition based strategies are an important part of a post-exercise recovery regime that aim to:

- ✔ Restore fuel supplies.
- ✔ Support muscle repair and adaptation.
- ✔ Promote rehydration.
- ✔ Support broader health status.

Principles of recovery nutrition [4 R's]

When training multiple times a day, or over consecutive days, recovery nutrition becomes increasingly important.

The 4 R's of recovery nutrition (Refuel, Rebuild & Repair, Rehydrate, and Revitalise) can assist to guide appropriate strategies to support performance and health outcomes following exercise.

Refuel

Carbohydrates are the body's main fuel source and are important following exercise to replace energy used.

Examples:

- > Bread, cereal, pasta, rice, couscous, quinoa
- > Dairy foods, especially milk and yoghurt.
- > Starchy vegetables.
- > Lentils and dried beans.
- > Fruit, in all its forms e.g., fresh, dried, juice.

Rebuild & Repair

Protein-rich foods and drinks provide the body the building blocks it needs to repair damaged muscle and promote muscle adaptation.

Examples:

- > Red meat, poultry, seafood.
- > Dairy foods.
- > Eggs.
- > Vegetarian alternatives e.g., tofu, tempeh, textured vegetable protein, dried beans, nuts.

Rehydrate

Sweat losses during exercise to promote cooling can leave athletes vulnerable to the performance implications of dehydration.

It is important to replace lost fluids after exercise to restore hydration status prior to the next session.

Co-ingesting electrolytes (especially sodium) improves the retention of ingested fluids.

Revitalise

To support broader athlete health, selecting a wide range of foods across all food groups can help ensure all nutrient needs are met.

Eating the colours of the rainbow with fruit and vegetable intake may be particularly important in minimising free-radical damage that can result from intense exercise.

For individualised advice, athletes are encouraged to consult an accredited sports dietitian
[\(https://www.sportsdietitians.com.au/find-an-accredited-sports-dietitian/\)](https://www.sportsdietitians.com.au/find-an-accredited-sports-dietitian/).

Recommended Reading

Beelen M, Burke L, Gibala M, van Loon L. Nutritional strategies to promote postexercise recovery. *Int J Sport Nutr Exerc Metab.* 2010 Dec;20(6):515-32. doi: 10.1123/ijsnem.20.6.515.

<https://www.sportsdietitians.com.au/wp-content/uploads/2020/07/Recovery-Nutrition.pdf>

<https://www.gssiweb.org/en/sports-science-exchange/Article/sse-166-recovery-nutrition-for-the-basketball-athlete>