

PERFORMANCE NUTRITION

PLAY OF THE DAY:

RECOVERING FROM PERFORMANCE

(POST-GAME NUTRITION)

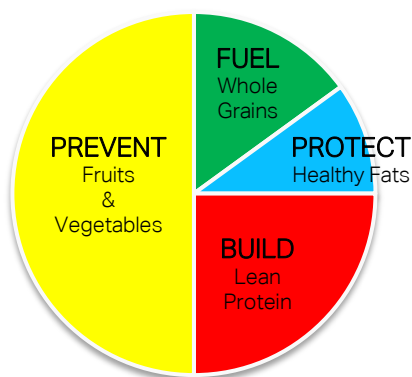
Improving as an athlete means being able to perform at 100% each and every practice, game or workout. Post-game nutrition is a critical component of recovery and regeneration. Be sure to re-FUEL, re-BUILD and re-HYDRATE using good nutrition and eating performance foods.

0 – 30 minutes post-game:

- + Snack on a source of FUEL (carbohydrate) and BUILD (protein)
EXAMPLES – Chocolate Milk, Yogurt & Fruit, Granola Bar, Protein Shake or Smoothie
- + Drink 1 – 2 cups of water

1 – 2 hours post-game:

- + Eat a performance meal (see below)
- + Drink 1 – 2 cups of water



Note:

Post-game supplementation, such as protein powder, should only be used as prescribed by an expert. Consult a Sports Dietitian to find out more.

Recovery Meal: **Baked Fish, Potatoes & Green Beans**



Source of **BUILD**

- ✦ Pre-heat oven to 275 degrees F. Brush fish with olive oil and squeeze fresh lemon juice over the fillet. Place in oven and bake for 15 minutes.

Source of **FUEL**

- ✦ Bring pot of water to boil and add potatoes. Boil over high heat for 15 minutes. Sprinkle seasoning over cooked potatoes.

Source of **PROTECT & PREVENT**

- ✦ Steam, boil or saute fresh green beans. Season with salt and pepper.

Combine all cooked ingredients on a plate and enjoy!

Eat Like the Pro's Eat!

Sidney Crosby loves eating breakfast for dinner. One of his favorite post-game meals is an omelet with lots of fresh vegetables mixed in.

EVERY DAY IS GAME DAY.

EXOSTM

Call Mayo Clinic Sports Medicine Center to book a nutrition appointment:
507-266-9100