

## Nutrition for Recovery

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## Post Event Eating vs. Recovery

- Post event Eating
  - The consumption of food w/n 30 minutes of completing and event or competition
  - Focused on CHO and Protein
- Recovery Nutrition
  - Practices used in-between practices or competition or during off days to recover from training
  - Replenish fuels and nutrients for good health and performance
  - May include diet but also includes massage, sauna, stretching

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## Poor Nutrition and Fatigue

- Depleted glycogen stores can lead to muscle breakdown and increase risk of injury
- Lack of vitamins and minerals also play a role in optimal nutrition and performance
- Spreading the calories throughout the day

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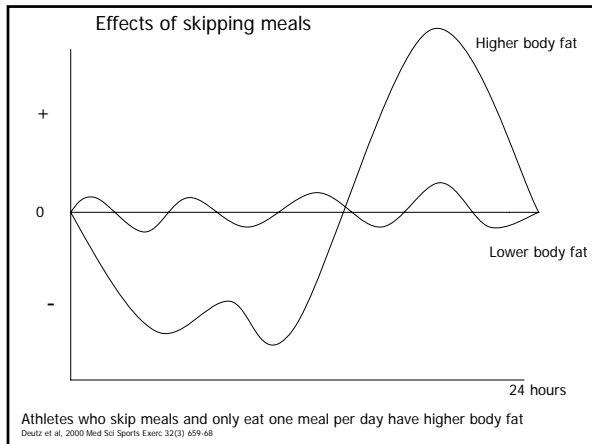
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### Recovery Nutrition

- Normally takes 24 to 36 hours to replace muscle energy (glycogen)
- By consuming carbohydrates immediately post exercise (w/n 30 minutes) can be reloaded in 12 to 16 hours
- Research found 4 parts CHO's and 1 part Pro helps reload
- Latest studies either CHO or CHO + P will work
- Nutrition shake, smoothie, peanut butter sandwich, energy bar, yogurt, turkey sandwich, string cheese and crackers

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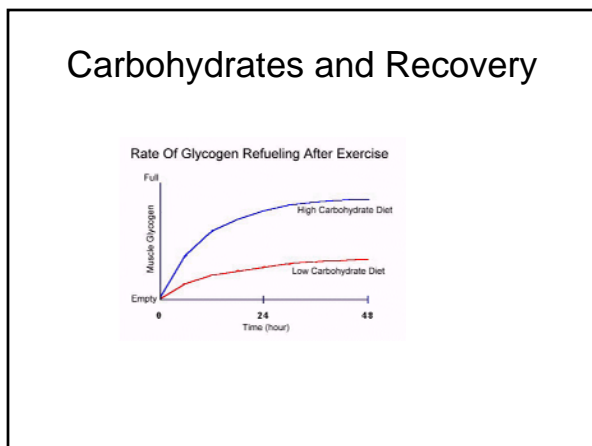
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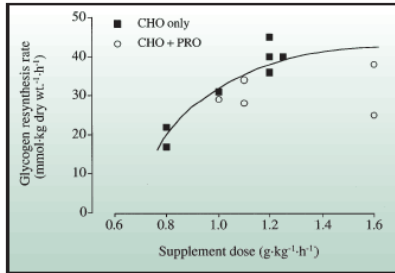
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## Carbs vs Carbs + Pro




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## Calculating Glycemic Index:

$$\text{Glycemic Index (GI)} = \frac{\text{blood glucose response test food (beans)}}{\text{blood glucose response to reference food (white bread)}} \times 100$$

TABLE 1. HIGH GLYCEMIC INDEX FOODS (GI > 85)\*

Angel Food Cake	Craisant	Waffle	POPCART®
Chapman	Maltine	White Bread	SPECIAL™
Hard Candy	Glucose	Com Bran Cereal	Cereal
Bagel, White	Sucrose	CRISPER™ Cereal	Rye Flour Bread
Confection	Safety Flour Bread	RICE KRISPIES™	CORN CHEX™
TOTAL™ Cereal	CRISPER™	Cereal	Cereal
Home Bran Cereal	CRISPER™	Ice Cream	
Shredded Wheat	Milk	Maltose	
Waffle	Salt Crackers	Saltine/Crackers	
GRANOLA™	Wheatstout	Flakes	
Confection	Parfaits	Flakes	
Quince	Honey/Syrup	Soy/Onion	
Com Chips	English Muffin		

TABLE 2. MODERATE GLYCEMIC INDEX FOODS (GI = 60-85)\*

Sponge Cake	Pasty	SNICKERS® Bar	Oat Bran Bread
Corn Tortilla	Pita Bread, White	POWERBAR®	Linguine
Brown Rice	MULTI-BRAN CHEX™	Chocolate	Sweet Corn
Green Peas	Cereal	Oat Bran Cereal	100% Whole
Cracked Barley	Buckwheat	Bulgur	Wheat Bread
White Rice	Orange/Spicifull	Barlene	
(Spicifull)	Juice	7-Grain Bread	
Sweet Potato	Onion, Cooked	Ice Cream, Low Fat	
Brown Rice	Baranil Rice	Grapes	
Mango	Kaifutal	Durum Spaghetti	

TABLE 3. LOW GLYCEMIC INDEX FOODS (GI < 60)\*

Barley Kernel	Barley, Boiled	Rice Bran	IRONMAN™ Bar,
Bread	Yogurt (all types)	Apple (whole/juice)	Chocolate
Milk (whole/skim)	Grapefruit/Oranges	Peaches (fresh)	Apricots (dried)
9-Grain Bread	Beans (all types)	Lentils	Pears (fresh)
Plums	Peanuts/Cashews	Tomato Soup/Juice	Brown Rice
ALL-BRAN®			Chickpeas/
Cereal			Hummus

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## Nutrition Periodization

- Preparatory Goals
  - Eat to lose or Gain
  - Eat to learn
  - Eat to recover
- Precompetition Goals
  - Nutrition warm-up
  - Competition simulation eating
  - Practice drinking and eating
  - recover

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## Nutrition Periodization

- Competition
  - Fine tune for environment and goals
  - Execute recovery nutrition to its fullest
  - Avoid nutrition temptations

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