

Recovery Nutrition - What You Need to Know

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We all know that, in order for our bodies to function at their highest levels, we need to have proper nutrition. But providing proper nutrition *after* the workout is just as important, and nobody knows that better than [Sharon Richter](#), a registered dietitian who has focused her counseling practice for the last five years on sports nutrition, weight loss/gain, eating disorders and disease prevention for people of all ages. Additionally, she's contributed to a number of publications and worked on three weight-loss episodes of "Queer Eye."



sharonrichter.com

According to Richter, "During a workout one burns stored fuel, glycogen, [and] loses water and electrolytes (Sodium, Potassium and Chloride). The most important thing to replace is lost fluids. The best way to determine how much your body needs is to weigh yourself before you exercise and after. For each pound lost, replenish it with 24 oz of water.

"Second, you also want to replenish the glycogen within 15 minutes of your activity. This can be in the form of fruit, juice, or a sports drink. You want something that is quick and easily absorbed (not high in fiber). The third element to include in your post workout intake is protein. As you exercise you are creating tiny tears in your muscle. To help repair the muscle, protein is necessary. A good ratio of carbohydrates to protein is a 4:1 ratio. In addition to helping repair your muscle, protein helps with the absorption of water."

Richter recommends a [Code Blue recovery drink](#) or a squeeze pack of [Justin's Nut butter](#) 2 TBSP peanut butter. But, your needs will vary depending on your activity. Running hard for half an hour will require more recovery nutrition than if you lifted weights for the same period of time -- testing your water loss is always a good place to start.

Additionally, keep in mind that there's no "one size fits all" recovery drink. Richter suggests trying Code Blue, coconut water and Pedialyte, saying, "They all provide hydration, carbohydrates and electrolytes."

As important as recovery nutrition is, if your goal is weight loss, it's important to consider your calorie intake. Richter says, "For an hour of moderate to intense exercise look for something that is about 200 calories and low in fat, such as yogurt and a piece of fruit." She also warns that it's easy to over-indulge as your exercise increases, so you need to figure out what works for you, whether you feel satisfied with a banana and some nuts or a recovery drink and some protein, like an egg.

Do you have a post-workout recovery drink or snack that works for you? Please share it (and why you love it) in the comments!

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