

EATING AFTER TRAINING

Eating and rehydrating 15-30 minutes after a period of exercise is important to replenish the body's fuel stores. Have some carbohydrates and protein to aid in the body's recovery.

- Milk, **chocolate milk**
- Fruit and yogurt
- Nuts and raisins
- Rice cakes and nut butter + glass Orange Juice
- Tomato, avocado and cheese on wholegrain toast



CHOCOLATE MILK

- After sweating, fluids need to be replaced
- Milk is 87% water, therefore a good choice to replace fluids
- Electrolytes include salt and potassium which are lost when sweating during intense workouts. Electrolytes regulate many body functions and need to be replaced and are found in chocolate milk!
- Good source of carbohydrates, protein, and calcium