

NUTRITION AND RECOVERY

NUTRIENT TIMING

- Book end your workouts
- Eat both carbs and protein within 30 minutes of exercise
- Eat regularly throughout the day, every 2-3 hours

THE 3 R'S OF RECOVERY

REFUEL

Consume carbs to restore your energy stores for the next time you train

REBUILD

Consume protein to repair and build your muscles

REPLENISH

Consume fluids and electrolytes to replace the fluids lost from sweat

REDUCE INFLAMMATION

Inflammation has many sources, including being a natural response to exercise. Help your body heal quicker by adding in more anti-inflammatory foods to your diet.

- Healthy fats can help reduce inflammation, while saturated fats from fried and processed fats increase it.
- Colorful fruits and veggies contain phytochemicals that help combat inflammation and aid in health.

HEALTHY FATS

- Avocados
- Salmon
- Nuts
- Flax & chia seeds
- Dairy
- Olive Oil



FRUITS

- Berries & cherries
- Apples
- Oranges
- Grapes
- Pineapple



VEGETABLES

- Tomatoes
- Spinach & kale
- Broccoli
- Peppers
- Beets



HOKIE FUEL

VIRGINIA TECH SPORTS NUTRITION