



Post-Workout Snack Ideas

Check out some of my favorite snack ideas that deliver fuel and nutrients to help your body recover after a tough workout.

Ruth Carey, sports nutritionist and 13-season professional basketball team dietitian



CHOCOLATE MILK:

Lowfat chocolate milk is nature's recovery drink. It contains a mix of carbs and protein to refuel exhausted muscles, high-quality protein to help repair muscles, fluids to rehydrate, and electrolytes including potassium, calcium, sodium and magnesium to replenish what is lost in sweat. It has the added bonus of bone-building nutrients (not found in traditional recovery drinks) to help maintain strong bones and reduce the risk of stress fractures.



TUNA ON WHOLE WHEAT:

Research shows that a combination of carbs and protein help you recover after a workout. Tuna over a slice of whole wheat bread is a great protein/carb mini-meal.



BANANA AND PEANUT BUTTER:

Peanut butter provides a good source of protein and vitamin E, while the banana provides the carbohydrates you need to get re-energized.



TURKEY AND CHEESE WITH APPLE SLICES AND PRETZELS:

If you're not in the mood for a sandwich, skip the bread and eat the fillings on their own! Spread a soft-cheese wedge over two or three slices of lean deli turkey, then roll up for a quick, high-protein, eat-on-the-go snack. Add a sliced apple and some pretzels for some energy-boosting carbs.

For more post-workout recovery tips and tools, check out www.RefuelWithChocolateMilk.com