

Post-Game Meal

Muscles are very receptive to replacing stored muscle energy (glycogen) within the first 1 or 2 hours after exercise because of a high level of circulating enzyme (glycogen synthetase) that aids this process. For those athletes who work out on consecutive days or who have multi-day consecutive competitions, replenishing energy stores immediately after exercise is a good strategy for assuring an optimal energy level on the following day. Also, fluids must be replaced as soon after exercise as possible.

Ideally, the athlete should consume 200 to 400 calories from carbohydrates *immediately* following activity, and then an additional 200-400 calories from carbohydrates within the next several hours. For those athletes who have difficulty eating foods immediately following exhaustive exercise, try high-carbohydrate liquid supplements. These have the added benefit of also providing some needed fluids.

Examples of some high-carbohydrate foods:

Food	Calories	% Carbohydrate
1 Bagel	165	76
2 Slices Bread	135	81
1 Cup Pasta	215	81
3 Cups Popcorn	70	79
1 Baked Potato	100	88
1 Apple	80	100
1 Orange	65	100
1 Cup Vegetable Juice	55	93