

## After exercise

**After you exercise, it's important to replenish your nutrient stores to help your body to repair and recover. Try to eat a meal or snack that contains:**

- carbohydrates to replenish your glycogen stores
- protein for building and repairing your muscles
- fluids for rehydration



### Post-exercise snacks

If you're not having your main meal within 30 minutes after finishing your exercise, good options for snacks are:

- a banana and a glass of low-fat milk
- a fruit and yoghurt smoothie
- a handful of dried fruit and nuts
- a sports bar that contains carbohydrates and protein



### Post-exercise meals

Within 2 to 4 hours after you exercise, good choices for post-exercise meals could include:

- chicken or fish with potatoes and steamed vegetables
- pasta with Bolognese sauce and a leafy green salad
- vegetable chilli with rice or pasta
- noodle stir-fry with chicken or prawns and vegetables



### Post-exercise hydration

Remember to keep rehydrating after exercise to help your body recover. If you eat and drink as usual after exercise, your hydration levels will gradually return to normal.

Low-fat milk is a source of carbohydrates, protein and electrolytes and can also help you to rehydrate after exercise. Try making a smoothie with banana and milk to help your body repair and recover.