Recipe of the Month - May 2006
Eating After Exercise

Tempting Trail Mix
This recipe is very tasty, so you may want to pre-portion out the servings to avoid over-eating. ½ cup after exercise provides adequate nutrients to help refuel glycogen stores.

1 cup cereal (ie. Cherrios)
1 cup dry roasted soy beans (look for <10g fat per 1/4 cup serving)
1 cup raisins
½ cup bran cereal (omit for pre-exercise snack) – try Bran Buds for a nice crunch
½ cup dried cranberries, currents or dried blueberries
½ cup sunflower seeds or mini M&M’s

Makes 16 - ¼ cup servings
Per ¼ cup serving: 130 kcal, 5g protein, 20g carbohydrate, 4 g fat (1 g saturated fat), 4 g fibre.
From Heidi Smith’s Nutrition for the Long Run

Seriously Filling Strawberry Oatmeal Breakfast Smoothie
This recipe is perfect in the morning or after a long workout, but it is so filling you may not want to drink it before exercise. It is suitable for vegans if made with soy milk.

1 cup soy milk (or skim milk)
½ cup raw rolled oats
½ cup ice
1 banana, broken into chunks
14 frozen strawberries
½ tsp of vanilla extract (optional)
1 ½ tsp white sugar (optional)

In a blender combine soy milk, ice, banana, and strawberries. Add vanilla and sugar if desired. Blend until smooth and serve. If using a hand held blender you may want to omit the ice. Also if you would like to store it in the fridge for more than a couple of hours, omit the oats as they will expand.

Makes 2 servings
Per serving: 224 kcal, 40 g carbohydrates, 7 g protein, 4 g fat
From Chris Carmichael’s Food for Fitness
When you eat carbohydrates, your body stores muscle fuel in the form of glycogen. After a hard workout your glycogen stores will be depleted, you may be dehydrated and your muscles will need some repair and rebuilding time. The body typically needs 24-48 hours to fully replenish glycogen stores after an endurance workout (over 90 minutes). If you are working out every other day, recovery may not be a problem. However if you are working out every day or several times a day, fast recovery is important to keep up with training. One of the most effective ways to increase recovery time is to eat immediately after a workout. This is referred to as the ‘Recovery Window’ - the 2 hours directly after exercise when muscles are in overdrive trying to repair and replenish energy. Follow these tips to maximize the use of your ‘recovery window.’

**Eating tips for faster recovery from exercise:**

- **Consume a high carbohydrate and moderate protein snack within 15-30 minutes** after your workout (see the table below for some suggestions)
- **The snack should contain at least 40 g of carbohydrates and 7-15 g of protein.** High carbs are needed because carbs are the fuel that has been burned. A small amount of protein may also help muscles repair faster. Consuming a normal high carb training diet will also help with glycogen recovery
- **Drink enough water** (see March’s Recipe of the Month for more info)
- **Take at least one recovery day per week**

### Post-Exercise Snack Ideas

<table>
<thead>
<tr>
<th>Snack</th>
<th>Cals (kcal)</th>
<th>Carbs (g)</th>
<th>Protein (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cups chocolate milk (1% or soymilk)</td>
<td>340</td>
<td>56</td>
<td>17</td>
</tr>
<tr>
<td>2 cups Heidi’s chocolate recovery shake*</td>
<td>278</td>
<td>50</td>
<td>18</td>
</tr>
<tr>
<td>1 litre (4 cups of 6-8% carbohydrate sport drink)</td>
<td>224</td>
<td>56</td>
<td>0</td>
</tr>
<tr>
<td>1 cup milk (or soymilk), 1-1/4 cup cereal (ie. Vector)</td>
<td>275</td>
<td>53</td>
<td>13</td>
</tr>
<tr>
<td>Banana + low fat yogourt (175 mL)</td>
<td>250</td>
<td>48</td>
<td>13</td>
</tr>
<tr>
<td>Peanut butter and jam sandwich</td>
<td>350</td>
<td>50</td>
<td>12</td>
</tr>
<tr>
<td>½ cup of Tempting Trail Mix</td>
<td>260</td>
<td>40</td>
<td>10</td>
</tr>
<tr>
<td>1 cup seriously filling strawberry oatmeal breakfast smoothie</td>
<td>224</td>
<td>40</td>
<td>7</td>
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</tbody>
</table>

*Add 3/4 cup skim milk powder and 2 tablespoons of chocolate milk powder to a container. Then when ready to drink, add 2 cups (500 ml) of cold water and shake.

For more information on eating and exercise refer to: “Nutrition for the Long Run: a nutrition guide for runners, walkers and active individuals”. Available at [www.heidismithnutrition.com](http://www.heidismithnutrition.com)