

# EATING for PERFORMANCE

## POST EVENT



### Post event nutrition

The 4 R's are important when it comes to recovery. Rehydrate, Refuel, Repair, And Relax.

### Rehydrate

It is important to replace the fluid you have lost during sports. The standard rule is that you replace 150% of your fluid loss. This means it may be beneficial to weigh yourself prior to your game and after your game so you are aware of how much fluid you have lost. Consume these fluids over the next 2-4 hours, do not consume large volumes quickly as this can cause an upset stomach. It is also important to replace the electrolytes you have lost during your game, this will maintain thirst and maximize your fluid retention. This can be achieved by consuming fluids with added electrolytes (mainly sodium) or by consuming salt rich foods. Avoid alcohol, as this acts as a diuretic and can cause excess fluid loss.

### Refuel

One of the most important nutrients you need in order to refuel is carbohydrates, as you need to replace the stores for the next day. It is important to consume carbohydrates soon after the game has finished. Aim for 1g-1.2g per kg of body weight. Consume snacks, drinks, or meals to achieve your carbohydrate target of 1g-1.2g per kg of body weight. High G.I carbohydrates are more suitable to replace carbohydrate stores in the muscle (post exercise) because they have a more rapid release of glycogen (used as energy) in the muscle. This is important if you are having to play a game or train the next day. This should be consumed within the 4 hours post game. After 4 hours post game usual amount of carbohydrates can be consumed.

### Repair

After exercise your muscles have been damaged and require repair, the nutrient responsible for this is protein. Protein should be consumed by AFL players during the first few hours of recovery. This not only repairs the muscle but it makes it grow as well. 20-25g of high quality protein is sufficient to maximise muscle repair. Examples of high quality protein include: 2 small eggs (10g of protein), 25g skim milk powder (10g of protein), 70g cottage cheese (10g protein), 40g lean chicken (10g of protein).

### Relax

Last but not least it is important to relax and get enough sleep. Try to get at least 8-9 hours of sleep a night so your body can recover.

### Example of meals containing 50g carbohydrates, and 10g of protein

60g breakfast cereal and ½ cup milk  
200g baked beans on 2 slices of toast  
1.5 cups of fruit salad with ½ cup of yoghurt  
Large baked potato with grated cheese filling

### Example recipe

#### Burger

Ingredients (serves 4)

1 onion (150g) finely chopped  
¼ cup (20g) finely chopped fresh parsley  
500g lean minced beef  
1 pkt onion soup mix  
4 whole meal hamburger buns  
1 tbsp tomato sauce  
Lettuce, sliced tomato, sliced beetroot, sliced onion and light mayonnaise to serve

#### Instructions

1. Combine onion, parsley, mince, soup mix in a bowl. Mix well. Shape into 4 patties.
2. Cook patties under preheated grill or hot plate for 10 minutes or until cooked, turning halfway through cooking.
3. Spread lower half of buns with tomato sauce. Top with patties, lettuce, tomato, beetroot and onion. Add mayonnaise and salad.

