



<b>4 R's of RECOVERY Nutrition</b>	<b>FOODS to EAT</b>
<b>Rehydrate</b> with <b>FLUIDS</b> and <b>ELECTROLYTES</b>	<b>Water or Sports Drink</b> (3 cups for every pound lost during activity)
<b>Replenish</b> muscle glycogen stores with <b>CARBOHYDRATES</b>	<b>Sports Drinks/Bars, Breads, Fresh/Dried Fruit</b> (w/ Peanut Butter and/or Jelly)
<b>Repair</b> and regenerate muscle tissue with high quality <b>PROTEIN</b> .	<b>Dairy products, Recovery Mix</b> (w/ whey, soy, casein, or simply whey protein)
<b>Reinforce</b> your immune system with antioxidant rich foods like <b>FRUITS</b> and <b>VEGETABLES</b>	<b>Apples/Bananas/Oranges, Spinach/Carrots/Peppers</b> (Meals higher in sodium and potassium)