

Post-Training Nutrition

Getting proper nutrition right after training is important because it...

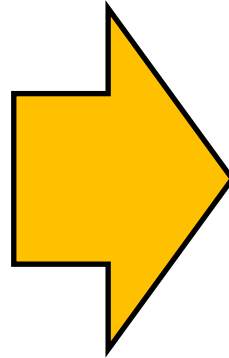
Replenishes glycogen \Rightarrow replenish energy

Decreases protein breakdown \Rightarrow increase muscle size

Increases protein synthesis \Rightarrow repair damage

which leads to...

- ◇ Improved recovery
- ◇ Less muscle soreness
- ◇ Increased ability to build muscle
- ◇ Improved immune function
- ◇ Improved bone mass
- ◇ Improved ability to utilize body fat



Less risk of injury
Less risk of sickness
Easier to make weight

Best to eat protein & carbohydrates...

Protein Sources

Low fat milk

Soy milk

Cottage cheese

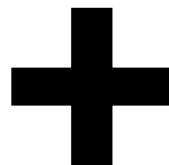
Tuna

Tofu

Chicken breast

Boiled eggs

Yogurt



Carbohydrate Sources

Apples

Bananas

Oranges (mikan)

Whole wheat bread

Crackers

Carrots

Broccoli

Granola cereal