Essentials

- Maximizing recovery is essential to maintaining performance at a high level.
- Muscle glycogen is the body’s fuel during performance.
- During an intense training, your body uses up most of your glycogen stores.
- You need to reload your glycogen stores after every hard training or game. The body is best at doing that in the first 30 minutes after exertion.
- While most athletes are not hungry after a hard session, it is an essential time to re-fuel.
- Be creative in your post-training snack.

Immediately after training (30-60 minutes)

Refuel  ➔  60g carbohydrate
Rebuild  ➔  20g protein
Rehydrate ➔  20oz fluid

Recovery is an all-day process

- It takes 24-48 hours to fully replace your energy stores.
- Continue eating well-balanced meals and snacks throughout the day for optimal recovery.

Recovery Food Ideas

- Energy bar
- Recovery drink
- Smoothie
- Trail mix
- Chocolate milk
- Almonds
- Nut butter

Inflammation-Reducing Foods

- Herbs: tumeric, garlic, ginger
- Produce: tart cherries, spinach
- Omega-3 fatty acids: salmon, nuts, avocados
## Recovery Snack Ideas

Choose a food from protein column and a food from carb column based on training session

<table>
<thead>
<tr>
<th>Protein: 15 – 20 g</th>
<th>Protein: 20 – 25 g</th>
<th>Carbohydrates: 15 – 30 g</th>
<th>Carbohydrates: 45 – 60 g</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cups milk</td>
<td>3 cups milk</td>
<td>1 piece or cup fresh fruit</td>
<td>2 - 3 pieces or cups fresh fruit</td>
</tr>
<tr>
<td>¾ - 1 cup Greek yogurt</td>
<td>1 ½ cup Greek yogurt</td>
<td>¼ - ½ cup dried fruit</td>
<td>½ - 1 cup dried fruit</td>
</tr>
<tr>
<td>¾ cup cottage cheese</td>
<td>1 ½ cups cottage cheese</td>
<td>1 cup fruit juice</td>
<td>2 cups fruit juice</td>
</tr>
<tr>
<td>2 string cheeses</td>
<td>3 string cheeses</td>
<td>1 cup chocolate milk</td>
<td>2 cups chocolate milk</td>
</tr>
<tr>
<td>1 cup firm tofu</td>
<td>1 ¼ cups firm tofu</td>
<td>½ cup oatmeal</td>
<td>1 – 1 ½ cups oatmeal</td>
</tr>
<tr>
<td>2 - 3 cooked eggs</td>
<td>3 - 4 cooked eggs</td>
<td>1 - 2 slices sandwich bread</td>
<td>3 - 4 slices sandwich bread</td>
</tr>
<tr>
<td>2 - 3 oz deli meat</td>
<td>3 - 4 oz deli meat</td>
<td>½ bagel</td>
<td>1 bagel</td>
</tr>
<tr>
<td>1 ½ cups Kefir</td>
<td>2-2 ¼ cups Kefir</td>
<td>1 english muffin</td>
<td>2 english muffins</td>
</tr>
<tr>
<td>1 ½ oz jerky</td>
<td>2-2 ¼ oz jerky</td>
<td>1 granola or cereal bar</td>
<td>4 fig bar cookies</td>
</tr>
<tr>
<td>2 – 3 oz fish</td>
<td>¼ - 1 cup nuts or seeds</td>
<td>2 x 6” tortillas or wraps</td>
<td>2 x 8” tortillas or wraps</td>
</tr>
<tr>
<td>½ cup nuts or seeds</td>
<td>1 cup edamame</td>
<td>½ - ¼ cup rice or farro</td>
<td>1 – 1 ½ cups rice or farro</td>
</tr>
<tr>
<td>½ - ¼ cup edamame</td>
<td>1 – 1 ½ cups beans or lentils</td>
<td>½ - 1 cup quinoa, beans, lentils</td>
<td>1 - 2 cups quinoa, beans, lentils</td>
</tr>
<tr>
<td>4 tbsp nut butter</td>
<td>1 scoop whey protein</td>
<td>¾ cup cooked pasta</td>
<td>1 ½ cups cooked pasta</td>
</tr>
<tr>
<td>1 cup beans</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Locations

### Emeryville
Sutter Health CPMC Specialty Services
6121 Hollis St, Ste 2
Emeryville, CA 94608

### Los Gatos
Stanford Children’s Health
555 Knowles Dr, Ste 201
Los Gatos, CA 95032

### Palo Alto
Mary L. Johnson Specialty Services
730 Welch Rd
Palo Alto, CA 94304

### San Francisco*
Sutter Health CPMC
3801 Sacramento St
2nd Floor, Ste 216
San Francisco, CA 94118

### Sunnyvale
Orthopedic Care and Motion & Sports Performance Lab
1195 West Fremont Ave
2nd Floor
Sunnyvale, CA 94087

### Pleasanton
Sutter Health CPMC Specialty Services
5000 Pleasanton Ave Ste 200
Pleasanton, CA 94566

### Walnut Creek**
Sutter Health CPMC Specialty Services
106 La Casa Via, Ste 240
Walnut Creek, CA 94598

### Sutter Health CPMC
3801 Sacramento St, 2nd Floor, Ste 216
San Francisco, CA 94118

### John Muir Health Walnut Creek Medical Center
106 La Casa Via, Ste 240
Walnut Creek, CA 94598

### Lucile Packard Children’s Hospital Stanford
725 Welch Rd
Palo Alto, CA 94304

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**In partnership with Sutter Health CPMC

**In partnership with John Muir Health Walnut Creek Medical Center

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## Contact Us

Call (844) 41-ORTHO (67846) for appointments and more information, or visit us online at [ortho.stanfordchildrens.org](http://ortho.stanfordchildrens.org).