

Recovery Nutrition

The following are the grams of carbohydrate and calories needed at various body weights within 30 to 60 minutes following exercise

Body weight lb kg	Carbohydrate grams needed after	Calories needed after
100 lb (45 kg)	50- 75	200-300
110 lb (50 kg)	55-83	220-332
120 lb (55 kg)	60-90	240-360
130 lb (59 kg)	65-98	260-392
140 lb (64 kg)	70-105	280-420
150 lb (68 kg)	75-113	300-452
160 lb (73 kg)	80-120	320-480
170 lb (77 kg)	85-128	340-512
180 lb (82 kg)	90-135	360-540
190 lb (86 kg)	95-143	380-572
200 lb (91 kg)	100-150	400-600
210 lb (95 kg)	105-158	420-632
220 lb (100 kg)	110-165	440-660
230 lb (105 kg)	115-173	460-692
240 lb (109 kg)	120-180	480-720
250 lb (114 kg)	125-188	500-752
260 lb (118 kg)	130-195	520-780
270 lb (123 kg)	135-203	540-812
280 lb (127 kg)	140-210	560-840

Note: One gram of carbohydrate yields 4 calories

Re-fuel the body with nutrient dense carbohydrate beverages and foods (commercial sports drinks, fruit juices, breads, pasta, rice, pancakes, cereal, fruit, and vegetables).

For endurance athletes, it may take 1 to 2 days of consuming high carbohydrate foods and a day of rest to replace the depleted muscle and liver glycogen.