



## **Make the Assist in Your Kids' Post-Workout Recovery With Good Nutrition!**

As a mom, you know the importance of providing the right foods to fuel your teens' everyday busy routine. But did you know that when it comes to your teen athletes, their post-game recovery routine is just as important as their pre-game prep? In fact, experts suggest there's a two-hour recovery window that is the best time to refuel and rehydrate the body to keep athletes in top shape and help get them get back in the game.

Below are some quick and easy snack ideas from Ruth Carey, RD, CSSD, LD and sports nutritionist for the NBA Portland Trail Blazers, to help your teen athletes make the most of their post-workout recovery routine.

✓ ***Hummus and Pita***

Hummus, a dip made from pureed chickpeas, provides both carbs and protein. Coupled with the slow-release energy from the whole wheat pita, it makes for a snack that'll keep your athlete fueled for hours.

✓ ***Yogurt and Fresh Berries***

Protein makes sense after a workout, since it contains amino acids that help build muscle. Muscles are depleted of amino acids after a workout, so athletes need an adequate supply of protein to help build them up. Lowfat yogurt can pack nearly 15 grams of protein; add some berries for carbohydrate-driven energy.

✓ ***Turkey and Cheese with Apple Slices***

They're not in the mood for a sandwich? Skip the bread and have them eat the fillings on their own! Spread a soft-cheese wedge over two or three slices of lean deli turkey, then roll up for a quick, high-protein, eat-on-the-go snack. Add a sliced apple and some pretzels for some energy-boosting carbs.

✓ ***Chocolate Milk***

Lowfat chocolate milk is nature's protein drink. It contains a mix of carbs and protein to refuel and repair muscles, fluids to rehydrate and electrolytes including calcium, potassium and magnesium, to replenish what is lost in sweat. It has the added bonus of bone-building nutrients, like calcium, (not found in traditional sports drinks) to help maintain strong bones and prevent stress fractures.

✓ ***Banana and Peanut Butter***

Peanut butter provides a good source of protein and vitamin E, while the banana provides the carbohydrates your teen athlete needs to get re-energized.

For a complete look at the research on chocolate milk and more tips how your athlete can refuel to stay in the game visit [www.whymilk.com](http://www.whymilk.com). Also, encourage your kids to check out [www.BodyByMilk.com](http://www.BodyByMilk.com) for information on refueling with chocolate milk, workout recovery tips, their favorite Milk Mustache celebrities and more!