

It is U.S. Figure Skating's position that nutrition advice, particularly recommendations of specific dietary intake, be given by Registered Dietitians (RDs). RDs are qualified nutrition professionals, educated and currently licensed to provide highly individualized information to athletes of all ages and skill levels. RDs (as opposed to "nutritionists") have completed a minimum of a bachelor's degree, completed an accredited practice program, passed a national examination and are required to maintain continuing education requirements. Certified Specialists in Sport Dietetics (CSSDs) are RDs who earn an additional certification based on their experience and extensive knowledge in working with elite level athletes.

What is *Recovery nutrition* and why is it important?

Recovery nutrition is the food energy you put in your body to help your working muscles recover from the training you just did and prepare for the next bout of exercise or training, whether it be immediately or the next day.

RECOVERY NUTRITION HELPS YOUR BODY:

- ★ Train more effectively
- ★ Prevent fatigue
- ★ Maintain a healthy body composition
- ★ Resist injury
- ★ Optimize growth and development

What happens to your body when you train hard?

- You get dehydrated.
- The carbohydrates stored in your muscle and liver – called glycogen – gets depleted. This is the stored fuel source for working muscles.
- Your muscle tissue can start to break down.
 - Cells can get damaged and tissues can have inflammation from the stress of training.

How can you help your body recover?

The Four Rs of Recovery Nutrition:

- 1) **Rehydrate** your body with fluids and electrolytes.
- 2) **Replenish** your muscle glycogen (stored energy) by consuming carbohydrates.
- 3) **Repair** your muscle tissue by eating high quality protein.
- 4) **Reinforce** your immune system with nutrient rich and natural food sources.

Bottom line: You need to have a fueling strategy throughout the day to optimize muscle fueling and to prevent muscle breakdown.

2014 STARS participants with specific questions can email them to STARS@usfigureskating.org where they will be referred to a working group of nutrition professionals. To find an RD or CSSD in your area or to learn more about how nutrition can affect your performance please visit:

<http://www.scandpg.org/about-us/what-is-scan-dietitian/>





To the left, are some examples of possible recovery snacks: some choices are better than others.

Which would you choose? Why?

Some good ideas:

- Cereal with milk
- Fruit and low/non-fat yogurt (Greek is a good choice)
- Trail mix
- Chocolate milk (8-12 fluid oz)
- Banana with peanut butter

Practical tips for recovery nutrition:

- If you wait too long to eat a recovery snack after training, your muscles will not recover as quickly as if you eat immediately (no more than 30 minutes after).
- The recommended serving for a recovery snack would be a 4:1 ratio of carbohydrates to protein. In a 200-300 calorie recovery snack: 10-15 grams of protein and 40-50 grams of carbs. Serving size can vary by athlete's size, age, gender, and activity level.
- Eat small meals/recovery snacks in 2-3 hour intervals to promote full muscle recovery and discourage muscle breakdown.
- Don't forget to include protein! For a strength and power sport like figure skating, focus on getting the correct amount of protein and the carbs will likely follow: try to keep it in the 4:1 ratio of carbs to protein.
- While fat is an important part of an athlete's diet, eating low-fat recovery foods will help you absorb carbohydrates quickly.