

Chocolate Peanut Butter Banana SMOOTHIE

by Alicia Kendig

RECIPE

Recovery nutrition is a staple of every heavy-training swimmer's diet.

Taking advantage of the time immediately following practice (within 30 minutes of climbing out of the pool) will promote quicker recovery and prepare you for the next training session.

Both protein and carbohydrates are crucial during this snack time to encourage refueling and repair of tired, achy muscles.

To make this recovery snack even more powerful, the whey protein found in milk and greek yogurt (greek has twice as much protein as regular kinds) is absorbed the best out of all other kinds of protein and aggressively helps to repair and rebuild torn muscle for maximal adaptation from training.

Recommended serving of protein immediately after training is ~10-20 grams, which is easily achieved in a serving of dairy foods (milk, yogurt, cottage cheese, etc).

This quick, simple smoothie recipe is a well-deserved treat following a long training session. Packed full of carbohydrates and protein, it packs a big punch of recovery-boosting energy and nutrients, which are crucial when the next practice is only hours away. Enjoy, and don't forget, you deserve this treat!

INGREDIENTS:

2 cups 1% Chocolate Milk 1 Tbsp Natural Peanut Butter
6 oz. nonfat Greek yogurt, vanilla ½ cup crushed ice cubes
1 medium banana

DIRECTIONS:

Mix/blend all ingredients in blender. Serve immediately before ice separates.

NUTRITION INFORMATION:

Amount Per Serving:	Saturated Fat: 2.3 g
Calories: 295	Sodium: 201.4
Carbohydrates: 44.2 g	Potassium: 769.1g
Protein: 17.2 g	Calcium: 35.8% of DV
Total Fat: 6.6g	

What to Eat Before, DURING & AFTER a Workout

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REVOLUTIONARY! POWERFUL! HEIGHTENS ENERGY LEVELS!

The claims for special drinks, bars and chews for pre-, during-, and after-workouts are spectacular, but do you really need them to improve your performance? Ignore the hype and try real foods that are proven to boost performance. They are also easy on the budget and have no chance of being contaminated with banned substances.

Pre-workout Fuel

A pre-workout food should provide carbohydrate to top off your stores of glycogen, sort of like topping off a tank of gas. A study from University of California Davis compared plain water, commercial carbohydrate chews and raisins before and during exercise. The results? Exercisers who ate raisins or the chews had faster times compared to the plain water drinkers. What that means for swimmers is that eating a carbohydrate-rich snack before a workout or competition is better than plain water. The raisins were just as good as the expensive chews. A small box of raisins (1.5 ounces or ¼ cup) contains 130 calories and 31 grams of carbohydrate, and contains vitamins and minerals with no artificial colors or flavors.

During Workouts

During a long, hard workout, consuming some carbohydrate helps maintain blood sugar levels and wards off fatigue. Bananas were compared with commercial sports drinks to see if real food could maintain blood sugar and reduce fatigue. There was no difference between the two, so consider packing a banana or two for a poolside snack.

After Workout Recovery

After exercise is the time to refuel and replenish your muscles. Two nutrients are needed to do the job: protein and carbohydrate. Carbs replace glycogen that was lost during a hard workout, and protein supplies the building blocks to repair and rebuild muscle tissue. Carbs also help the protein get into the muscles by elevating the production of the hormone insulin, a powerful anabolic hormone. Low-fat chocolate milk provides both carbohydrate and protein and several studies have shown it to be as good or better than commercial drinks. For those with allergies to milk proteins, try chocolate soy milk.

A food-first approach is a great way to fuel a workout, before, during and after exercise, so give it a try!

Christine Rosenbloom is a nutrition professor emerita at Georgia State University and is editor-in-chief of Sports Nutrition: A Practice Manual for Professionals, 5th Ed (2012). She welcomes questions from swimmers, parents and coach at chrisrosenbloom@gmail.com.