**5 foods to eat 30 minutes after Practice**

1.Chocolate Milk

2.Mixed nuts

3.Protein Bar (no more than 14 grams of protein)

4.Squeeze yogurt, such as Chobani or Yo-Kids

5.Dried fruit and a cheese stick

After a strenuous practice, athletes need to place depleted glycogen stores and repair muscles.

Post workout recovery snacks need to contain an adequate amount of both carbohydrates and protein to accomplish this. The protein content should not be too high because

the body cannot store extra consumed protein.