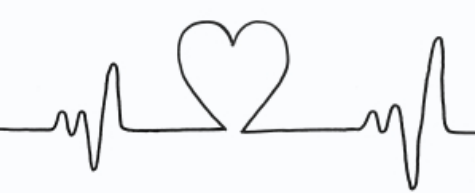


Exercise Hard, Recover Fast



After exercising hard, you need to recover quickly. Recovery foods provide water, carbs and phytonutrients -most of these foods are growing in your garden.



The process of recovery:

"Recovery" covers a range of processes that include:

- Replenishing the body stores of carbohydrate and protein
- Restoring fluid and electrolytes lost in sweat
- Supporting the immune system to handle the stress and damage

Replenishing carbs and protein:

Carbs are the body's natural fuel source and the body's stores of them need to be replenished after exercise. Consuming protein after a workout also aids in muscle repair.

- Milk, specifically chocolate milk, has the ideal ration of carbs and protein for post workout recovery.
- Carbohydrate-rich foods that can be found in the garden include potatoes, beans and most vegetables.
- Trace amounts of protein can be found in grains like rice and corn, vegetables and beans.

Restoring fluid and electrolytes:

Most recreational athletes don't need anything more than water to hydrate. If you sweat excessively or are doing more than 90 minutes of exercise, you may need extra electrolytes (sodium, potassium, chloride). Sports drinks tend to be full of unnecessary sugar and artificial colors. Try eating your electrolytes instead:



- Sodium naturally occurs in almost all vegetables, with significant amounts in artichokes, broccoli, bok choy, Brussels sprouts, celery, kale and sweet potatoes
- Chloride can be found in olives, seaweed, tomatoes, lettuce, celery
- Potassium can be found in oranges, melons, bananas, sweet potatoes, kale, beans, avocados and dried fruits like raisins and prunes
- 20% of your fluid needs come from foods. High water produce include berries, watermelon, citrus, cantaloupe, apricots, apples, pears, grapes, lettuce, zucchini, radish, celery, cauliflower, eggplant, red cabbage, peppers. Spinach, broccoli and other green leafy veggies

Reducing stress and damage:

Eating whole foods full of color provide natural anti-inflammatories and anti-oxidants from the foods' phytochemicals. Phytochemicals are chemical compounds that occur naturally in plants and give them their color and smell and provide many health benefits:

- Flavonoids reduce blood clot formation and inflammation and are found in strawberries, parsley, blueberries, black tea, citrus, wine and dark chocolate
- Terpenes have potent antioxidant properties and lower heart disease and cancer risk. They include beta-carotene, found in yellow or orange plants and dark green vegetables; lycopene, which is found in tomatoes, watermelon and grapefruit; and lutein which is found in dark green leafy vegetables like kale
- Thiols prevent damage to DNA and are present mainly in garlic and cabbage.

Exercise recovery starts with eating well and staying hydrated even before you workout. Be conscious of the calories in your post workout meals as it's easy to eat more than you burn during exercise.

