

# 10 SNACKS FOR RECOVERY, REHYDRATION, & REFUELING YOUR BODY

## ACCESSIBLE, AFFORDABLE, & NUTRIENT-DENSE SNACK OPTIONS:

1. Chocolate milk
2. Whey protein blended in a fruit smoothie
3. Cheese & crackers
4. Greek yogurt with fruit & granola
5. Cottage cheese & fruit
6. Whole grain cereal & milk
7. Cheese sticks & grapes
8. Rice cakes with cream cheese & honey
9. Frozen yogurt-dipped bananas
10. Acai bowls with berries, kefir, & Greek yogurt

## WHY IS DAIRY IMPORTANT WITH RECOVERY POST WORK OUT?

- Scientific research supports dairy product consumption for post work out recovery
- Dairy products contain amino acids, protein, minerals, & vitamins that give them a boost while exercising & help repair tired muscles
- Milk is excellent for hydrating because the carbohydrates & electrolytes stay in your body longer than water and replace the fluid lost through sweat

