

Post-Workout Nutrition

How Much Protein/Carbohydrate Is Best?

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Regarding nutrition, I encourage my patients to:

1. Drink a carb/protein supplement within 30 minutes after their workout/practice
2. Have 1 whey protein shake (25-50 grams) later in the day to help muscle recovery
3. Eat whole foods and drink water (no sports drinks!) all other times of the day

But how much carbohydrate and protein to consume after your workout?

Post-Workout Protein/Carbohydrate Guidelines

An article published in 2010:

http://journals.lww.com/nsca-sci/Fulltext/2010/12000/Nutritional_Strategies_and_Immune_Function.8.aspx

recommends:

- A 2:1 ratio of carbohydrate to protein for people who focus on lifting weights/strength
- A 3:1 ratio for athletes participating in team sports
- A 4:1 ratio for those focusing on endurance

Your Carbohydrate Requirement Will Dictate Your Protein Requirement

- The article recommends 1 gram of carbohydrate per kilogram of bodyweight within 30 minutes after your workout/practice.
- For a high school student-athlete weighing 150 lbs (68 kg), they need 68 grams carbohydrate and 23 grams of protein which they could get with the following:
 - 2 scoops [NOW Foods Protomeal](#)
 - 1 Bottle Vitamin Water
 - 4-oz [POM Wonderful](#)

which would provide 325 calories, 65 grams carbohydrate, 20 grams protein, and 5 grams fat



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Beware Of Many "Healthy" Protein Supplements!

Be sure that the supplement you are using DOES NOT CONTAIN:

- **Splenda** (Labeled as "Sucralose" on products) as it may cause digestive problems which may weaken your immune system:

<http://www.globenewswire.com/newsroom/news.html?d=150785>

- **Acesulfame Potassium** as it may cause Thyroid problems:

<http://www.holisticmed.com/acek/>

- **Vegetable Oils** as it will increase inflammation in your body, increasing your risk for sickness and injury.

<http://www.ncbi.nlm.nih.gov/pubmed/16320856>

Call or Email Dr. Arnold If You Have Any Questions!

Hope this helps. Best of luck.

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