After you exercise, it’s important to replenish your nutrient stores to help your body to repair and recover. Try to eat a meal or snack that contains:

- carbohydrates to replenish your glycogen stores
- protein for building and repairing your muscles
- fluids for rehydration

**Post-exercise snacks**
If you’re not having your main meal within 30 minutes of finishing your exercise, good options for snacks are:

- a banana and a glass of low-fat milk
- a fruit and yoghurt smoothie
- a handful of dried fruit and nuts
- a sports bar that contains carbohydrates and protein

**Post-exercise meals**
Within two to four hours after you exercise, good choices for post-workout meals could include:

- chicken or fish with potatoes and steamed vegetables
- pasta with Bolognese sauce and a leafy green salad
- vegetable chilli with rice or pasta
- noodle stir-fry with chicken or prawns and vegetables

**Post-exercise hydration**
Remember to keep rehydrating after exercise to help your body recover. If you eat and drink as usual after exercise, your hydration levels will gradually return to normal.

Low-fat milk is a source of carbohydrates, protein and minerals and can also help you to rehydrate after exercise. Try making a smoothie with banana and milk to help your body repair and recover.