

Offseason Conditioning Part 3: Recovery Nutrition

November 2, 2011

Part 1 ([click here](#)) and Part 2 ([click here](#)) dealt with physical conditioning. Now we need to make sure your nutrition allows for proper recovery and progression.

What Aspect of Nutrition Should I Focus On?

Of the 3 main focuses of nutrition (Protein, Carbohydrate, and Fat intake), I strongly recommend focusing on making sure you get enough protein every day.

To find out your protein intake:

- Take your weight in pounds and divide by 2.2 = weight in kilograms
- Multiply your weight in kilograms by 1.5 = the minimum amount of protein needed each day
- A 200-pound high school student-athlete needs at least 136 grams of protein per day (200/2.2 = 91 kilograms x 1.5)

Are There Any Unhealthy Ingredients In Protein Supplements?

I have written a review of protein supplements [you can click here to read](#) (or see attached). Unfortunately, almost all contain 3 potentially harmful ingredients:

- **Splenda** which may weaken your immune system - <http://www.ncbi.nlm.nih.gov/pubmed/18800291>
- **Acesulfame Potassium** which may cause problems with your Thyroid - <http://www.holisticmed.com/acek/>
- **Vegetable Oils** which may increase inflammation, increasing your risk for injury and illness - <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1760754/>

Which Supplement has NONE of the above potentially harmful ingredients?

Protomeal Powder by NOW Foods

<http://www.protocolforlife.com/Products/Category/080606.htm?cat=>

When Is The Best Time to Take Protomeal?

The best time to focus on having a high-quality supplement is within 30 minutes after training. That is when your body needs high-quality nutrition the most as it is starting to recover.

You can [click here](#) to learn more about post-workout nutrition.