

# Darrin Eakins: Learn the Truth About Workout Recovery Snacks in the Next 60 Seconds

WILMINGTON, NORTH CAROLINA, UNITED STATES, December 8, 2022 /EINPresswire.com/ -- Sports enthusiasts all know that it's vital to eat well and exercise, but what should people eat after a workout? In this article, Wilmington, NC, resident [Darrin Eakins](#) shares his expert advice on the best post-workout snacks to obtain the best workout recovery. He also talks about why these snacks are so critical and how they can help people with their fitness goals.

What are recovery snacks, and why are they important?

A recovery snack is a small, nutritious meal that is eaten within two hours of completing a tough workout. It can be anything from a banana to an apple or a bowl of cereal. Darrin Eakins adds that the important thing is that the snack contains carbohydrates and protein.

Bodies need the energy to repair themselves after a workout. So, when a person finishes exercising, their body will use the nutrients from the food they eat to recover.

Types of recovery snacks



There are two types of recovery snacks: post-training and intra-workout. The post-workout snack is the most important because it helps the individual's body recover from the fitness training. Fitness buffs need to eat this snack within an hour after they complete their workout for it to be most effective. [Darrin Eakins](#) explains that an intra-workout snack is a small number of carbohydrates that people can take during the workout to keep their energy levels up.

### The best foods for post-workout recovery

Many people like to eat protein bars and sports drinks after their workout, but there is no specific type of food that is the best for everyone. What matters more than what people eat is how much they eat. For most, consuming between 30-60 grams of protein is enough to repair muscles after a workout.

The right type of protein also matters. People who work out often need to ensure their protein has good essential amino acids. Some foods with good sources of protein include quinoa, tofu, low-fat milk, eggs, and chicken breast. For those who have any allergies or dietary restrictions, it's important to read the ingredients carefully before buying anything in bulk.

### How to choose your recovery snack

When choosing a post-workout snack, it's vital to find something that is satisfying and easy to digest. It's crucial to remember that anyone who has just experienced a workout needs nutrients for the recovery process. Eating complex carbohydrates and protein after working out can help the muscles recover faster. They'll help replenish the individual body's stores of glycogen and provide energy for future workouts.

Proteins are especially helpful in muscle recovery because they contain amino acids needed for muscle repair. [Darrin Eakins](#) says that they help with muscle growth and repair any damage done during a workout.

Here are some examples of snacks people can choose after an exercise:

- Protein shake or smoothie
- Protein bar or granola bar
- Fruit (banana, apple, grapes) with nut butter or yogurt
- Smoothie bowl with fruit and yogurt
- Greek yogurt with granola and fresh fruit

It's crucial to remember that the post-workout period is the perfect time for taking care of one's body. This is when muscles are most receptive to nutrients and rest, which means they will be able to repair and grow stronger. That's why eating the right foods after a workout, like protein and carbs, is vital.

Those seeking a proper recovery after a challenging workout could try drinking some chocolate milk. Chocolate milk is more effective than water at restoring blood glucose levels after exercise. It helps avoid the post-workout fatigue so often experienced by athletes.

Darrin Eakins is a retired orthopedic surgeon who has been working in the sports industry for over 20 years.

Caroline Hunter  
Web Presence, LLC  
+1 786-551-9491  
[email us here](#)

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