Why is it important?

First you must determine your goals, those who are trying to lose body fat will eat differently than those who are trying to build muscle. Also a lot of this is individual, some may respond better than others.

Eating after your workout will have many direct benefits including: Glycogen re-synthesis, preventing muscle breakdown, protein synthesis, and muscle hypertrophy (which is muscle growth).

A study found that eating a carbohydrate/protein rich supplement directly after a workout showed greater muscle hypertrophy compared to subjects who took the same supplement 2 hours after their workout.

What to eat?

After your workout try to eat a combination of carbohydrates and protein.

Choose carbohydrates that have a moderate to high glycemic index, these will be beneficial for muscle glycogen synthesis. Look for protein that is low in fat, there isn't any evidence to suggest that fat is beneficial after a workout.

Here are some ideas:

• Fruit
• Poptarts
• Chocolate milk
• Juice
• Lean meat
• Whey protein

Some people find they have no appetite after their workout and prefer to drink their calories.
