

Recovery Foods

Table 1. Carbohydrate foods

Food Name	Quantity	Measure	Energy (Kcal)	Carbohydrate	Protein	Fat	GI (estimated)
Apples eating average	125	1 x medium	53	13.1	0.5	0.1	48
Apricots dried	40	1 x handful	75	17.4	1.9	0.3	12.4
Bananas	100	1 x medium	95	23	1.2	0.3	52
Dried mixed fruit	30	1 x handful	80	20	0.7	0.1	19.2
Flapjack (Basic)	52	52g square	225	33	2.8	10.5	31
Malt bread / Soreen	35	1cm slice	103	23	2.7	0.8	18.9
Natures Valley Honey & Oat bar	42	1 Pack (2 slices)	97	14.7	1.7	3.8	0
Oranges	160	1 x medium	59	13.6	1.8	0.2	67
Raisins	28.3	Sun maid box	77	19.6	0.6	0.1	18.1
Rice Cakes (home made recipe)	92	92g or 20th of recipe	190	23	3.2	3.1	62

Table 2. Carbohydrate supplements

Food Name	Quantity	Measure	Energy (Kcal)	Carbohydrate	Protein	Fat	GI (estimated)
Cherry active juice concentrate	40	1 x 30ml sachet	104	26	1.3	0	10
SIS GO energy bar	65	1 standard bar	226	42	6.5	3.3	49

Table 3. Protein Foods

Food Name	Quantity	Measure	Energy (Kcal)	Carbohydrate	Protein	Fat
Cheese cottage plain	100	100g serving	101	3.1	12.6	4.3
Semi-skimmed milk pasteurised average	568	1 Pint	261	27	19.9	9.7
Tuna canned in brine drained	130	1 can (180g)	129	0	31	0.8
Yoghurt Muller Fruit Corner all flavours	150	1 Pot	158	22	5.7	5.7

Food Name	Quantity	Measure	Energy (Kcal)	Carbohydrate	Protein	Fat
Yogurt Greek plain low fat	125	1 pot	73	4.6	12.7	0.3
Yogurt Greek plain whole	125	1 pot	119	5	12.3	8.8

Table 4. Protein supplements

Food Name	Quantity	Measure	Energy (Kcal)	Carbohydrate	Protein	Fat
SIS Whey Protein	30	1 serving	118	1.7	23	2.2

Table 5. Mixed carbohydrate and protein foods

Food Name	Quantity	Measure	Energy (Kcal)	Carbohydrate	Protein	Fat
Frijj Flavoured Milk	472	1 bottle	368	59	18.4	5.7
Muller Rice original	190	1 Pot	196	32	6.8	4.9
Sandwich Chicken salad white bread	205	1 sandwich	359	46	22	10.9
Trail mix	40	Handful	173	14.9	3.6	11.4

Table 6. Mixed carbohydrate and protein supplements

Food Name	Quantity	Measure	Energy (Kcal)	Carbohydrate	Protein	Fat
SIS REGO rapid	50	1 serving	184	23	20	1.3