

Eating directly after exercise

When you exercise intensely, your muscles use up their stores of glucose, which are called glycogen. Your muscles can replace glycogen at the rate of about 5 percent per hour. So, it can take at least 20 hours to replace very depleted muscles. Within 15 minutes of your workout, the enzymes responsible for making glycogen are most active and you can increase replacement of glycogen to 7 or 8 percent per hour. Glycogen replacement is still increased within 45 minutes of exercise. What this means is that within 45 minutes after a workout, you need to eat some carbohydrate to help your body replace its glycogen stores. This will aid in your recovery so you are ready for your workout the next day. Some people eat a mixed meal (protein, carbohydrates and fat) directly after exercise. It is best to eat just carbohydrate directly after exercise, and then sit down to a balanced meal about an hour after your workout session. Some examples of carbohydrate rich snacks to eat after exercise include fresh fruit, dried fruit or a bagel. Bear in mind that this advice is important after intense exercise sessions. If you go for a light walk, you will not deplete your glycogen stores and thus will not require quick repletion.

Potassium, magnesium and high blood pressure

Results of numerous studies have shown that diets high in potassium and magnesium may be beneficial for hypertension (high blood pressure). High-salt diets have been shown to aggravate hypertension and cause kidney damage, while diets high in both potassium and magnesium decrease blood pressure and protect the kidneys from damage.

The following foods contain at least 350mg of potassium per serving:

1 cup of cantaloupe, 1 medium banana, 15 raw baby carrots, ½ cup boiled spinach, and ½ cup unsalted tomato sauce.

Just one more reason to eat lots of fruit and vegetables every day!

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