

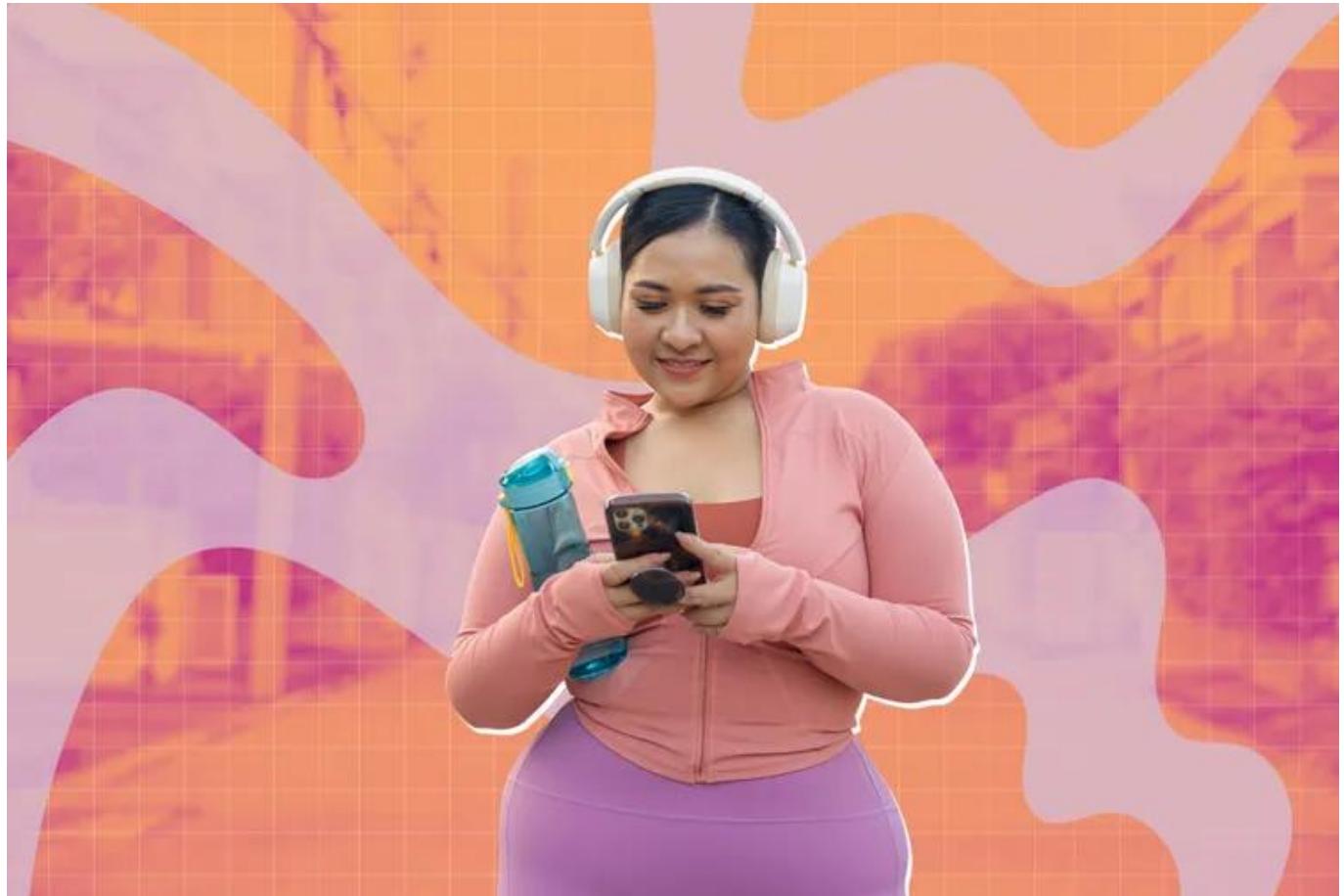
The protein cocktail is convenient, but after training Joanna Katz, a master of science, a registered nutritionist, recommends eating cottage cheese with almonds and a banana. This dish is a hearty combination of protein, carbohydrates and healthy fats.

Here are a few reasons why it is better to take cottage cheese, bananas and almonds with you for training.

Perfect balance of carbohydrates and proteins. According to Roxanne Ehsani, a master of science, a certified nutritionist, a specialist in statistics, half a glass of cottage cheese contains 13 g of protein. Almonds will also give the body protein, and banana - carbohydrates that make up for energy. Analysis of 20 studies showed that protein in the post -ethnic snack helps to restore glycogen, but only if it does not replace carbohydrates, but provides additional kilocalories.

Contains a lot of electrolytes that contribute to hydration. When you sweat in the gym, you lose potassium and sodium. These electrolytes are needed to maintain water balance and muscle work. The banana contains a large amount of potassium, and sodium in cottage cheese helps to fill in potassium loss during training.

Cottage cheese with banana and almonds of nutritionists turned out to be the best snack after training



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Reduces inflammation after training. One recent study showed that almonds can contribute to muscle restoration. Participants who consumed almonds (57 g daily) in the framework of one study reported less fatigue and less voltage after training compared to those who ate the grain bar.

Simple, affordable and tasty. Cottage cheese with almonds and banana is very quickly prepared, and you can take it with you anywhere.

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