

# Eat, drink and recover

Dr Richard Swinbourne, Singapore Sport Institute's team lead of nutrition, lists six foods that The Straits Times Virtual Run participants can consume to help with muscle recovery

## Tart cherry juice

Tart cherry juice has been proven to reduce inflammation and pain after strenuous exercise, as well as support sound sleep. As muscle healing mostly occurs during sleep, you can take this sour juice after a run and before bed, especially if your running is leaving you fatigued.

## Beetroot

Beetroot is rich in antioxidants and nitrates, which have been shown to decrease muscle soreness and increase blood flow to damaged muscles for healing respectively.

## Watermelon

Like beetroot, watermelon has also been proven to reduce muscle soreness after exercise as it contains a protein called citrulline that increases blood supply to damaged muscles that allows for more rapid healing. After a run, consider having a cup of watermelon or watermelon juice.

## Kiwi

Kiwis contain 2½ times your daily Vitamin C requirement and antioxidants for a strong immune system and muscle healing. It is also a source of serotonin for relaxation and improving sleep quality, so enjoying both green and gold kiwi at breakfast or as a light pre-sleep snack can help to boost recovery overnight.

## Salmon

When we run on hard concrete surfaces or in high intensity and volume, it creates micro-damage in the leg muscles that requires a diet of regular high-quality protein and essential fatty acids to heal. This includes oily fish like salmon that are high in muscle-rebuilding protein and rich in Omega 3 anti-inflammatory oils.

## Berries

Red, purple and blue foods like berries are also rich in antioxidants and low in sugar, which makes them an ideal fruit source for runners who are watching their body weight.

