

# Nutrition tactics to improve post-exercise recovery

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Propositions related to the dissertation entitled:

### **Nutrition tactics to improve post-exercise recovery**

1. When ingesting large amounts of carbohydrate during exercise, co-ingestion of fructose or sucrose increases the capacity for exogenous carbohydrate oxidation compared to the ingestion of an isocaloric amount of glucose only. *(This thesis)*
2. The combined ingestion of glucose and fructose helps to achieve the recommendations for post-exercise carbohydrate intake by reducing gastrointestinal distress when compared to the ingestion of an isocaloric amount of glucose. *(This thesis)*
3. A potentially important and missed opportunity to consume a high protein meal in well-trained athletes is before going to bed. *(This thesis)*
4. Combining pre-sleep protein ingestion with resistance-type exercise represents an effective strategy to maximize overnight skeletal muscle reconditioning. *(This thesis)*
5. The perpetual diet wars between factions promoting low-carbohydrate, keto, paleo, high-protein, low-fat, plant-based, vegan, and a seemingly endless list of other diets has led to substantial public confusion and mistrust in nutrition science. *(Kevin Hall)*
6. The fact is, if grandma and grandpa hit the gym for 90 minutes a day pumping iron, it is conceivable that we could arrest their osteopenia and sarcopenia. *(Bruce Spiegelman)*
7. Whether it's to please modern metrics or to make an altruistic contribution to the community understanding of exercise and nutrition, we need to move outside the conventional peer-reviewed literature. *(Adapted from Louis Burke)*
8. Protein products should be purposely designed and marketed for specific applications such as to facilitate post-workout recovery or support overnight recovery.
9. If you can't beat the man, you gotta out eat the man. *(Bryan Wolters)*

Jorn Trommelen  
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