Without proper nutrition, an athlete will not be able to achieve his or her maximum athletic potential.

Click on hyperlink to view video: **Sports Nutrition: Who Delivers?**
A sports dietitian is the smart choice for high quality sports nutrition guidance and other sports nutrition services, including sports nutrition program development and management.
http://www.scandpg.org/sports-nutrition/working-with-a-sports-nutritionist/#who-delivers
Most athletes can meet their nutritional needs by following the Dietary Guidelines for Americans.

If extra calories are needed, they should come from nutrient dense foods high in starches or complex carbohydrates.

Drink plenty of fluids to avoid dehydration.
EAT BEFORE EXERCISING
▪ Three to four hours before
▪ Meals high in carbohydrates and low in fat
▪ Food that are easy to digest
▪ Do not overeat
▪ Drink plenty of water

Suggested foods to eat before exercising:
▪ apple slices
▪ fruit and yogurt smoothie
▪ grilled cheese sandwich
▪ oatmeal
▪ peanut butter
Can you name any other endurance events?

Nutritional needs increase depending on length of event, fitness level and gender.

Sports drinks are recommended to replace electrolytes lost.

Drink plenty of water.
AFTER PHYSICAL ACTIVITY

▪ Continue with plenty of fluids
▪ Protein to aid muscle tissue
▪ Carbohydrates

Suggested foods after physical activity:
• fruits smoothie
• graham crackers with peanut butter
• rice bowl
• stir fry
• sports drink
• whole wheat sandwich
All sorts of dietary supplements **claim** to make you faster, stronger, more energized and slimmer.

Athletes train hard to reach their peak performance, so products that offer an edge can be enticing.

But, “Buyer Beware” - Effectiveness and safety do not have to be confirmed before supplements hit store shelves. Learn how to spot a fraud and where to find trustworthy information.
REFERENCES AND RESOURCES

Images:
• Microsoft Office Clip Art: Used with permission from Microsoft.

Textbooks:

Video:
• Sport Nutrition: Who Delivers?
  A sports dietitian is the smart choice for high quality sports nutrition guidance and other sports nutrition services, including sports nutrition program development and management.
  http://www.scandpg.org/sports-nutrition/working-with-a-sports-nutritionist/#who-delivers

Website:
• Academy of Nutrition and Dietetics
  The world’s largest organization of food and nutrition professionals
  www.eatright.org