SPORTS NUTRITION

EATING HEALTHY AND KEEPING FIT
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NUTRITION FOR ATHLETES

- Body needs the right amount of:
  - Carbohydrates
  - Protein
  - Fats
  - Vitamins
  - Minerals
  - Fluids

Sports Nutrition: Who Delivers?
(click on link)
EATING RIGHT WILL

▪ Help you train longer and at a higher intensity
▪ Delay the onset of fatigue
▪ Promote recovery
▪ Help your body adapt to workouts
▪ Improve body composition and strength

▪ Enhance concentration
▪ Help maintain healthy immune function
▪ Reduce the chance of injury
▪ Reduce the risk of heat cramps and stomach aches
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
Gaining in popularity
• 5K, 10K
• Marathons
• Triathlons
AFTER PHYSICAL ACTIVITY

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

▪ No need if eating balanced diet

▪ Not proven that extra vitamins and minerals enhance athletic performance

▪ Should be monitored by a physician
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](http://www.scandpg.org/sports-nutrition/working-with-a-sports-nutritionist/#who-delivers)

Website:
- Academy of Nutrition an Dietetics
  The worlds largest organization of food and nutrition professionals
  [www.eatright.org](http://www.eatright.org)