



Nutrition for Athletes

Did You Know?

More protein in your diet does not mean more muscle. Protein is needed for muscle growth and repair, however, a strength training regimen and a diet rich in carbohydrates is what helps build strength and keeps your body from eating up precious muscle tissue to meet energy needs.

Also, for the athletes who exercise *longer than one hour* a day, some alternate nutrition considerations are key to reaching peak performance and staying healthy and strong!



Whether you are stuck in front of a computer or constantly on your feet, everybody needs a healthy balance of nutrients. Carbohydrates, protein, fat, fluids, vitamins, and minerals are all needed for everyday function and movement. Even if you have a daily exercise routine, a well-balanced diet is all your body needs to fuel your workouts and keep you healthy.

Athletes are no exception. However, every athlete's calorie and macronutrient needs will vary depending on gender, age, size and training intensity. Remember, all athletes are not created equal. Endurance athletes often require different nutrition than strength training athletes. As an athlete participating in strenuous activity, sticking to these tips and giving your body the proper nutrition for exercise will allow you to perform better and recover more quickly.

- **What you eat matters!** Saturated fats and refined sugars are empty calories and they have the same negative effects on athletes as non-athletes. Treat your body right and maintain a balanced diet.
- **There is no optimal macronutrient ratio.** The percentage of carbohydrate, protein, and fat needs will differ between athletes. There is no go-to ratio. Learn what works for you by putting it to the test.
- **Supplements and ergogenic aids are not necessary.** Some are backed by science but the same and better results can be found naturally, with proper nutrition.

Discover your specific nutritional needs as an athlete by trying a variety of nutritional plans throughout your training to find the one that fits your regimen and your body best. If necessary, meet with a registered sports dietitian to help assess your specific needs.