

Sports Nutrition 101

For athletes of all types, nutrition plays an important role in the outcome of your performance. Keep these tips in mind with your next fitness activity!

Keep the Carbs!

Having enough energy is a big part of being able to perform a certain activity. Carbohydrates are the first form of fuel your body will utilize for the initial 30 minutes of an activity. Keep nutrient dense complex carbs a part of your training diet to keep energy levels high! Examples are whole grain breads, whole wheat pastas, and whole grain cereals and granola bars.

Protein

To repair the muscle after a strenuous workout, there must be adequate intakes through the diet! High biological value proteins are sources that contain all essential amino acids which can aid in the healing of muscle after a workout. Sources include poultry, milk products, and soya products. Remember to give muscles a rest as well to allow them to repair themselves! We recommend 24 hours between strengthening sessions.

Micronutrients

Calcium is key for strong bones, which also play a role in sport performance. Look at getting at least 3 sources of dairy products a day to meet your needs. These include milk, yogurt, cottage cheese, and regular cheese.

Iron is an important nutrient for maintaining oxygen utilization through the cells and tissues. Keeping a good source through the diet can also help to maintain energy levels for an athlete. Good sources include iron enriched cereals, dried fruit, and nuts and seeds.

Fluids

As always, water is the best source of fluids for the body to maintain hydration- largely because it is calorie free. Athletes should be wary of fluids with a high caffeine and/or sugar load. Activities greater than 60 minutes may warrant a sports drink to replenish electrolytes.

Have a great workout!

Yours in health and wellness,

Lindy Kennedy, RD