

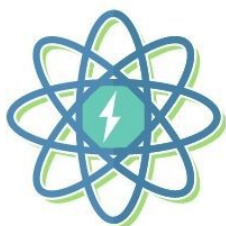


NUTRITION 101 FOR ATHLETES

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EXERCISE DOES TWO THINGS:

1. Increases the amount of energy you use
2. Increases the amount of fluid you lose (through sweat)



MACRONUTRIENTS

These are the main nutrients that make up food. They are:

- Carbohydrates
- Protein
- Fat

CARBOHYDRATES

- Your body's favorite energy source!
- Provide glucose to fuel your working muscles
- Maintain blood sugar
- Important for muscle recovery



PROTEIN

- Used for energy if there aren't enough carbohydrates
- Builds, repairs, and maintains muscle

FAT

- Delivers fat soluble vitamins (Vitamins A, D, E, and K)
- Used as energy during low intensity activities
- Hunger control
- Protects your organs



SO WHAT DO ATHLETES NEED??

- Right amount at the right time
- Varies from athlete to athlete
- There are general rules of thumb that can guide you to reaching your goals!