

DECODING SPORTS FOODS & SUPPLEMENTS






Science tells us that it is best for athletes to have a “food first” approach. Always stick to real, wholesome foods for day-to-day nutrition. There may be times when you need to supplement your diet because of the demands placed on your body and to meet the challenges of performance fueling.

⚡ SPORTS FOODS




Sports foods are engineered to provide precise nutrients and quantities, making them reliable choices for athletes. **Your body needs three key components for prolonged exercise: carbohydrates, electrolytes and fluid.** These nutrients can come from easily digested food choices or sports foods. Sports foods are convenient and easy to eat. Be sure to test them during training to assess what works best for you.

⚡ SPORTS DRINKS

 30-60 min	Meets needs
 60-90 min	Meets needs
 >90 min	Needed for hydration, but won't meet carbohydrate needs




30-60 min after exercise Replenish depleted fluid and carbohydrate stores

🍌 SPORTS BARS

 30-60 min	May cause GI upset
 60-90 min	Only if needed
 >90 min	Choose bars that are carb-based, low in protein, fat and fiber




30-60 min after exercise Choose bars that are carb-based with ample protein

🍌 GELS, CHEWS, BEANS

 30-60 min	Only if needed
 60-90 min	Meets needs
 >90 min	Consume at regular intervals, ensure proper hydration for digestion

30-60 min after exercise May cause GI upset, no protein

🍌 FOOD EXAMPLES

 30-60 min	Water, dates, raisins, honey
 60-90 min	Only if needed
 >90 min	Water and dried fruit, pretzels, bananas, oranges

30-60 min after exercise Chocolate milk, whey protein smoothie with fruit, milk and balanced meal

Training Intensity Levels



High



Low-moderate

THE STORY ON SUPPLEMENTS

Athletes commonly look for supplements to give them an edge. Some supplements have valid benefits for athletes, but many are risky and could potentially cause harm.

REMEMBER: Supplements are NOT regulated and may contain substances not listed on the label. It is the sole responsibility of the athlete to know what they are ingesting.

Dietary Ingredient	Potential Actions and Side Effects
Whey Protein	May lead to an increase in lean body mass in response to key training sessions or resistance exercise. Activates and stimulates muscle production and growth.
Beta-Alanine	May buffer muscle acid and enhance muscular endurance. Can cause paresthesia (tingling of the skin). Side effects depend on dosage and body weight of the individual.
Caffeine	May improve endurance and high-intensity exercise, mental sharpness and reaction time, stimulates central nervous system. Side effects include jitters, nausea, rapid heart rate, poor sleep, anxiety. Synthetic caffeine sources can exceed limits set by governing bodies.
Creatine Monohydrate	Can increase max power output, explosive strength and lean muscle mass. High doses contribute to water retention and bloating, may cause diarrhea or nausea.
Nitrates (Beetroot Juice/Powders)	Impacts blood flow through vasodilation, may improve aerobic endurance. Can change urine and stool color, increased risk of kidney stones.
Omega-3 Fatty Acids	May reduce inflammation, soreness and speed injury recovery. Some evidence of enhanced brain health. In high doses, may lead to hypoglycemia, bleeding, low blood pressure, loose stools, nausea, or fishy breath.
Tart Cherry Juice	Blunts inflammatory response and aids in recovery, reduces muscle soreness. Very high amounts may lead to diarrhea and GI distress.
Vitamin D	May aid in lean body composition, supports immunity, bone health and reduced inflammation. Megadoses can be toxic, leading to high calcium in the blood, poor appetite, nausea, vomiting and kidney problems.

HOW DO I KNOW IT'S SAFE?



Athletes can check the safety of supplements by looking for logos from third-party testing agencies. There is no 100% guarantee with any supplement. Speak with a sports dietitian for guidance.

www.nfsport.com
www.informed-choice.org
www.usp.org

www.consumerlab.com
www.aegisshield.com



For more information on how to fuel your everyday greatness, scan the QR code or visit: Greatness.Unbottled.com