



... because health matters!

# Nutrition Matters

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## Are You Winning at Sport Nutrition?

- 1) "Canada's Food Guide to Healthy Eating" does not apply to athletes? **True or False**
- 2) If you lose weight during a training session, you have lost water not fat. **True or False**
- 3) During training periods, most athletes must limit the amount of fat they eat. **True or False**
- 4) Athletes should never eat in fast food restaurants if they want to maintain a proper training diet. **True or False**
- 5) An athlete who is unusually tired during regular workouts may be iron deficient. **True or False**
- 6) Vitamin supplements will give athletes more energy. **True or False**
- 7) Eating soon after a training session or a competition is not a good idea because the body is recovering from the activity. **True or False**
- 8) Extra protein foods and protein or amino acid supplements will help produce bigger and stronger muscles **True or False**

### How did you score?

#### 1) FALSE

All athletes should use "Canada's Food Guide to Healthy Eating" as the starting point for planning a training diet, regardless of the sport. The Guide provides a range of daily recommendations for each of the four food groups Grain Products, Vegetables & Fruit, Milk Products, and Meat & Alternatives. Because most athletes need more food during training, they should choose lots of high carbohydrate grains, fruits and vegetables.

## How did you score?

### 2) TRUE

Athletes can lose a considerable amount of water as sweat during a workout which causes them to weigh less. This quick weight loss is not due to loss of fat. Athletes need to replace any lost body water in order to prevent dehydration. Dehydration will cause an athlete's performance to decline.

### 3) TRUE

A lower fat diet is necessary so that athletes can eat enough carbohydrates while controlling their energy intake. The body's carbohydrate stores are depleted during strenuous workouts and they must be replenished by eating high amounts of carbohydrates.

### 4) FALSE

Athletes can maintain a high carbohydrate, low fat diet even when they occasionally eat in fast food restaurants. To avoid too much fast food, pack nutrition as part of your equipment! Organize a "Team Nutrition Kit" and include portable, high carbohydrate grains, fruits and vegetables for snacks to supplement fast food meals.

### 5) TRUE

Iron deficiency is a less than normal amount of iron in the body. Iron deficiency is fairly common among athletes and it may sometimes explain unusual fatigue during workouts. A sport dietitian can give advice about an athlete's eating pattern. If fatigue persists after the person changes their diet, they should check with a sports medicine physician who will assess other factors such as the training schedule, the amount of rest and other medical concerns.

### 6) FALSE

Energy does not come from vitamins. Energy comes from carbohydrate, fat and protein. Although some vitamins help the body to use energy, these vitamins are easily obtained from a high carbohydrate diet that includes a variety of foods from the four food groups.

### 7) FALSE

It is very important to re-fuel with a high carbohydrate meal or snack as soon as possible after an activity. Although it takes at least one or two days after a hard workout to fully refill the carbohydrate stores, athletes should start consuming carbohydrates within 15 minutes after the activity.

### 8) FALSE

Proper strength training exercises - not extra dietary protein - will stimulate muscular growth. The energy from excess protein and amino acid supplements is simply stored by the body as fat - not as muscle. Athletes get enough protein in their normal diet to allow for muscle growth.