

SPORTS NUTRITION FUNDAMENTALS

HOW NUTRITION SUPPORTS THE ATHLETE



**PROVIDES
ENERGY**



**SUPPORTS
RECOVERY**



**BRAIN
FUNCTION**



**PHYSIQUE
MANAGEMENT**



**INJURY
MANAGEMENT**



**IMMUNE
FUNCTION
SUPPORT**



**GENERAL
HEALTH**

MACRONUTRIENTS



CARBOHYDRATE

**THE BODY'S
MAIN SOURCE
OF ENERGY**

Found in foods like grains, fruits,
vegetables, and legumes

50% TDEI*

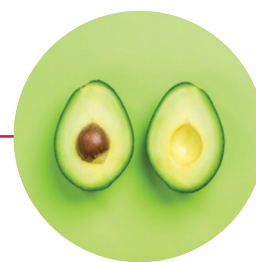


PROTEIN

**ESSENTIAL FOR BUILDING
AND REPAIRING
BODY TISSUES**

Sources include meat, poultry, fish,
dairy products, legumes, nuts

15% TDEI*



FATS

**IMPORTANT FOR CELL
STRUCTURE AND NUTRIENT
ABSORPTION**

Sources include oils, butter, avocados,
nuts, seeds, oily fish

35% TDEI*

*Total Daily Energy Intake

KEY REMINDERS



HYDRATION

Make sure to begin exercise well
hydrated and monitor hydration levels
to avoid dehydration



EAT THE RAINBOW

Eat a balanced diet with a variety of
fruits, vegetables and grains to ensure
you get all essential nutrients from
your diet



FOOD FIRST

Whole food sources offer energy and
macronutrients, as well as a range of
micronutrients and fibre that can have
positive health benefits