



How To Help Your Athletes Achieve Optimal Nutrition For Peak Performances

The following are some of the questions we will be addressing:

1. Why is nutrition important for athletes?
2. What are real foods?
 - a. Fruits and vegetables
 - b. Protein
 - c. Fats
 - d. Carbohydrates
3. How do athletes rebuild tissue?
 - a. Amino Acids
 - b. Balancing pH
 - c. Preventing inflammation
4. What should athletes eat?
 - a. Eating goals
 - b. Week prior to the game or event
 - c. 3 days prior to the game or event
 - d. Day of game or event
 - e. Food choice examples
 - f. Hydration
 - g. Recovery post event
 - h. Long-term recovery
5. Why athletes should avoid commercial sports drinks?