CARBOHYDRATES
- fuel your muscles
- help with endurance
- promotes recovery

PROTEIN:
- not the preferred fuel source
- muscle growth and repair
- boosts immune system

FAT
- primary energy source for low intensity, moderate exercise
- good calorie source for active individuals
- nuts, olive oil, fatty fish i.e. salmon and tuna, - benefit
VITAMINS

• helps your body utilize CHO, proteins and fats
• poor diet with supplements is nothing but a well supplemented poor diet
• difference between and suboptimal and optimal eating plan can translate to 10-15% improvements in performance
• What Do Vitamins Do?
  ▪ Promote normal health
  ▪ Mental alertness
  ▪ Act as a catalyst

SLEEP

• average amount needed 8.5 hours
• awake without alarm clock
• essential for good health, mental and emotional functioning and safety
• sleep loss impairs the ability to perform tasks involving memory, learning and logical reasoning

SUPPLEMENTS:

- weight gainers
- B complex vitamins
- Anabolic steroids
- Creatine
- Ephedrine

Bottom Line

• include CHO, protein and fat at every meal
• think of eating for exercise as a three-part process: pre-exercise, during exercise and post exercise
• do not buy into eating plans that limit or eliminate nutrients
• listen to your body, and note how you feel and perform with eating changes