

HEALTH TIP



THE WIN WITHIN
VICTORIOUS

An APPETITE for Athletics

Sports Nutrition is important for all athletes at any age and every level of play. Here are some tips to ensure the active body is properly fueled:



WATER

This is the most essential "nutrient" an athlete can consume. Though electrolyte drinks can be consumed, they should never be a substitute for proper daily water intake. For healthy, active adults, aim for 64 ounces of water EVERY DAY!



CARBS

The body's "battery life" and a critical fuel source for active people. Make them count by including whole grains and other carbohydrate-rich fruits and veggies into your daily diet. 60-70% of the athlete's daily calorie intake should be comprised of carbohydrates to avoid a drop in performance.



PROTEIN

The body's "regenerator," giving it the ability to repair and build muscle and regenerate new tissue. Protein should comprise 12-15% of an athlete's daily calorie intake.



FAT

This is an athlete's primary fuel source while at rest. Healthy fats (think avocados and almonds) should comprise 20-30% of the daily calorie intake.



@mandelbaummd



@DrBertMandelbaum



win-within.com