

THE BEST NATURAL SOURCES OF FOOD TO MAINTAIN YOUR HEALTH

Reference: Burke et al. IJSNEM 2019 & Heaton et al. 2017

Designed by @YLMSSportScience



VS



Athlete's nutrition plan should underpin by a "Food first philosophy"

although supplements may be used under medical supervision to treat and prevent nutrient deficiencies (e.g. iron and vitamin D), or when nutritional goals cannot be reached through a whole-food diet

CARBOHYDRATE

Energy



Whole grains, potatoes, brown or wild rice, fruits, vegetables

PROTEIN

Muscles / Bones



Lean meats, poultry, fish, eggs, milk, yogurt, soy, tofu, quinoa

OMEGA-3

Heart / Brain



Cold water fish, krill oil

IRON

Red blood cells



Meat, fish, poultry, lentils, nuts

VITAMIN D

Bones / Immunity



Cold water fish and egg yolk

ANTIOXIDANTS

Oxidative stress



Whole fruits and vegetables

GELATIN / COLLAGEN + VITAMIN C

Tendons



Gelatin, oranges, raspberries, grapefruits