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