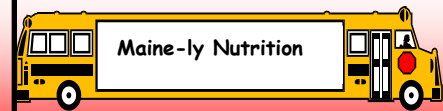


# Maine-ly Nutrition Info Sheet

## Sports Nutrition

April 2005



## 4 Common Sports Nutrition Myths

### 1 Eating before exercise results in an upset stomach or sluggish performance.

**The Facts:** Lack of fuel in the form of nutritious food is more often the reason for sluggish performance. To minimize potential problems:

- Higher carbohydrate and lower protein/fat meals are less likely to cause upset
- 200-300 carbohydrate calories within an hour or two of the workout will usually be well tolerated and enhance performance.
- If the athlete is very nervous or tense, a lighter meal might be beneficial
- Beginners should gradually increase exercise intensity
- Women may need to decrease intensity during their menstrual cycle

### 2 If you don't eat before you exercise, you will burn more fat.

**The Facts:** True, you will burn body fat for energy, **BUT** to reduce the amount of fat in your body, you must eat fewer calories than you need for the whole day.

### 3 Certain sports supplements can help enhance performance and give quick energy.

**The Facts:** Many of these supplements are unregulated and do not always contain the ingredients the label claims. It is better to fuel the body on a regular schedule with breakfast, lunch and a pre-exercise snack.

### 4 Carbohydrate loading can enhance performance at sports competitions.

**The Facts:** You may see some difference in your performance if, two days before your event, you increase carbohydrates to 65-70% in your diet rather than the usual 50-55%, and reduce training time. On the day before the event, rest while maintaining the extra carbohydrates. It is important to note, however, that **this process is only effective for events lasting 90 minutes or more.**

