

EAT TO WIN

FOR ATHLETES

FOODS TO AVOID FOR PEAK PERFORMANCE



What you don't eat can be as important as what you do eat. Follow these tips to be sure your diet works for your performance goals.

AVOID FOODS WITH NO NUTRITIONAL VALUE

Avoid foods with little or no nutritional value, such as:

- **REFINED WHITE FLOUR**
- **SUGAR**



EXTRA CALORIES FROM SUCH FOODS CAN BE HARMFUL BECAUSE:



- They do not contain vitamins or minerals.
- Active athletes who eat extra calories from sugar and white flour often become deficient in vitamin D and other minerals.

EAT TO GET THE PROPER NUTRIENTS

Athletes who exercise a lot need more vitamins and minerals to remain healthy. To get the proper nutrients:

- Maximize your intake of whole grains
- Consume lean meats
- Eat fruits and vegetables

