

# 11 SPORTS NUTRITION TRUTHS

1. Health is 80% of what you eat.
2. Calories do not matter, **NUTRIENTS** matter.
3. Water is the best form of hydration.
4. Vegetables are more nutritious than fruits.
5. Healthy fats increase endurance and energy!
6. Sports drinks = sugar and artificial ingredients. **MAKE YOUR OWN.**
7. It's not only **WHAT** you eat but **WHEN** you eat. Be sure to eat your 1<sup>st</sup> meal within 1 hour of waking and every 2-3 hours throughout the day.
8. At every meal eat a carbohydrate, 20-25 grams protein and a healthy fat.
9. Commercial sports protein bars and powders = made in a manufacturing facility = toxic.
10. Eat a meal 3-4 hours prior to game. Consume post meal within the hour after game to prevent low blood sugar and quick recovery.
11. **WARNING:** "Carb Loading" with processed or packaged carbs causes low energy, weight gain, slow recovery, weak immune system and muscle wasting. Consume quality carbohydrates: whole grains, oats, potatoes, rice.

*FOR MORE TIPS & INFORMATION*



<http://diehlnutrition.com>