



## Top Five Nutritional Myths Among Athletes

### **Fact or Myth?**

*Eating pistachios and cashews can have "grave" consequences?*

If you have a serious poison oak allergy, you should avoid eating pistachios and cashews as they are from the same family as the Poison Oak and could trigger an allergic reaction.

The simple fact is that *what you eat matters*. This fact is lost on many athletes who only focus on practice and training. If you have spent a little time discussing food with your fellow athletes, you might have bought into one of these Five Nutritional Myths commonly discussed in the weight room.

### **Myth #1**

***To gain weight, simply increase the amount of food you eat.***

Fact: Proper nutrition is a combination of eating the right amount of certain foods for your body. Working with a Dietitian who specializes in Sports Nutrition to calculate how many calories and nutrients your body needs to achieve will produce optimal results.

### **Myth #2**

***All fats are the same; All fats are bad!***

Fact: Some fats are vital for a healthy life. There are several types of fats and they are not all bad. Fats which are solid at room temperature, such as: butter, sour cream, mayonnaise, and margarine, also known as saturated and trans fats, are unhealthy and will likely be stored as fat in the body. However, fats which are liquid at room temperature, such as oils, are known as unsaturated fats. These come in two forms: polyunsaturated and monounsaturated. Unsaturated fats can be found in foods such as: olives, avocados, oil based dressings, and peanut butter. Certain amounts of unsaturated fats are essential for a healthy body. You can lower your fat intake by just choosing the majority of your fat calories from unsaturated fats!

### **Myth #3**

#### **To build muscle mass, eat a 12oz steak and buy a jug of protein powder!**

Fact: The body can only utilize so much protein in a certain time frame. Excess protein will be stored as body fat. Whether an athlete is attempting to gain weight or not, protein intake recommendations are different for male and female athletes. Male athletes should consume 20-30 grams of protein every 2-4 hours (this is equal to 3-5 oz. of meat). Female athletes should consume 14-20 grams of protein every 3-4 hours (this is equal to 2-3 oz. of meat).

### **Myth #4**

#### ***Before the big game, I should bulk up on carbs.***

Fact: Eating the right amount of certain foods at the right time can enhance athletic performance up to 15%! Where would your statistics be if that performance change occurred? To find the right combination of quantity, type, and timing of foods, work with a Dietitian who specializes in Sports Nutrition. A sports nutritionist can calculate how much protein, fat, and carbohydrates you need to increase your performance!

### **Myth #5**

#### ***During the game, only drink when you are thirsty.***

Fact: If you are as little as 1% dehydrated your performance can decline as much as 10%! A properly hydrated athlete will have increased energy levels and concentration, more resistance to injury, reduced fatigue, and will be able to build muscle and lose body fat more easily. Do you know the signs of a well hydrated athlete?

### **Eat To Win**

Athletes that believe their performance is related only to practice and training are not maximizing their potential for success. Don't let your lack of knowledge be your downfall. Read Dawn Weatherwax-Fall's book "The Complete Idiot's Guide to Sports Nutrition" or "The Official Snack Guide for Beleaguered Sports Parents" and learn how to Eat To Win! For the fastest results, call 513-779-6444 and talk to a nutrition specialist now. Remember, **Eat To Win!**

#### **Sports Nutrition 2Go**

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