

THE BEST NATURAL SOURCES OF FOOD TO MAINTAIN YOUR HEALTH

IAAF[™]

The Home of World Athletics



VS



An athlete's nutrition plan should be underpinned 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

ANITOXIDANTS



Oxidative stress

Whole fruits and vegetables

GELATIN / COLLAGEN + VITAMIN C



Tendons

Gelatin, oranges, raspberries, grapefruits