

FAT FOR SPORT

Top Three Things to Know About Fat



#1

Low-fat diets can limit performance, immunity, and overall health.

- Fat is an essential source of energy, specifically used during endurance and ultra-endurance sports and events.
- Low-fat diets have been shown to compromise performance due to limited stores for energy.
- Fat provides essential fatty acids and carries fat-soluble vitamins (vitamins A, D, E, and K) without which the body would not adequately absorb.

#2

Most athletes need 20-30% fat in the diet; No less than 15%.

- Focus on healthy fats



#3

Fat is a recovery nutrient.

Certain fats, such as omega-3 fatty acids, have anti-inflammatory properties that can aid athletes in both exercise and injury recovery. Omega-3 fats occur naturally in the following foods:

- Walnuts
- Flax seeds and chia seeds
- Avocados
- Fatty fish such as salmon, sardines
- Olives and olive oil
- Leafy greens (spinach, kale, spring mix, arugula, brussels sprouts, etc.)
- Winter squash

Drug Free Sport™