

VITAMINS and MINERALS FOR SPORT



Top Three Things to Know About Vitamins and Minerals



#1

Athletes do not need higher amounts of most vitamins and minerals compared to non-athletes.

Athletes tend to need and consume more total calories than non-athletes, thereby absorbing the additional vitamins and minerals they need naturally. It is important for all athletes to consume a balanced diet from all food groups to meet energy and micronutrient needs for performance, storage, recovery, and immunity.

#2

Micronutrients that may require more attention from adequate food intake include:

- Sodium (replace electrolyte losses through soups, salted crackers, pretzels, etc).
- Calcium (milk, cheese, dark leafy green vegetables, sesame seeds, yogurt, etc).
- Vitamin D (fortified milk/OJ, wild salmon, mushrooms, canned tuna, sardines, etc).
- Iron (beef, chicken, mussels, fortified cereals, cooked beans, dark leafy greens, etc).
- B-Vitamins (fruits and vegetables, whole grains, beans, fortified cereals, meat, eggs, fish, dairy, etc).

#3

Taste your multi-vitamin by eating real food sources.

Supplements of any kind are risky for athletes. Studies show multi-vitamins are unnecessary and can often cost more than meeting nutrient needs through a balanced diet.

Skip the supplement aisle and turn your cash into real food dollars!

Save \$30+ on multi-vitamin supplements: **EAT REAL FOOD!**



Drug Free Sport™