

# Sports Nutrition - The Truth

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Working in small groups, discuss the following statements then label them as TRUE or FALSE.

1. A REV low fat banana smoothie provides an excellent source of carbohydrate and protein and is therefore an ideal “recovery food.”
2. Fatty foods like hamburgers, chips and hotdogs rarely cause nausea when eaten as a pre-game meal.
3. Calcium is essential for building and repairing bones and teeth. REV milk is an excellent source of calcium.
4. Iron, an essential mineral, transports oxygen to the working muscles. Athletes who are low in iron often feel fatigued. Iron rich foods include lean beef, eggs, bread, cereals and spinach.
5. Starting with a full stomach will ensure you have plenty of energy to keep you going during competition.
6. Drinking water during physical activity may lead to getting a “stitch” and should therefore be avoided.
7. Sports drinks such as Gatorade and Sports Plus are useful in meeting the fluid and carbohydrate needs of the athlete during vigorous activity.
8. Eating a steak three hours before Competition will provide the energy required to perform at your best.
9. The Sugar in flavoured milks like Big M provides a ready source of energy for active people and is less than half the sugar content of soft drinks.
10. Alcohol causes dehydration and slows down the recovery process for players who are injured.
11. Protein rich foods include eggs, fish, apples, oranges, bananas, lean beef and sports drinks.
12. The body needs B group vitamins such as thiamine, riboflavin, niacin and vitamin B 12 to break down and use carbohydrates. These vitamins are found in cereals, lean meat and dairy products.
13. Spicy foods eaten just before a game will speed up your metabolism and make you run faster.
14. High sugar content in some drinks can increase the risk of tooth decay.
15. Since all athletes have the same dietary needs, the same diet plan can be used by all players in the team.

## Challenge

Find out about the “Healthy Eating Pyramid.” This eating plan helps you identify which foods are highly recommended and which foods you should eat in moderation or in small amounts!