FUEL YOUR FITNESS

Why nutrition matters:

- Proper nutrition provides the fuel your body needs for optimal performance, endurance, and recovery.
- Protein and nutrients are key to muscle recovery and growth after intense physcial activity.
- Balanced meals help maintain energy levels throughout your workout and the day

Macronutrients – The Building Blocks:

- **Carbohydrates (carbs):** Carbs are the body's main source of energy during exercise, especially high-intensity activities.
- **Protein:** Protein helps to repair muscle tissue broken down during exercise and aids in muscle growth.
- **Fats:** Healthy fats provide long-lasting energy especially for endurance athletes. Fatty fish and nuts are high in Omega-3 fatty acids which help reduce inflammation and promote recovery

Micronutrients – Essental for Optimal Performance:

- Key micronutrients such as calcium, iron, magnesium, vitamin D, and potassium support muscle function, energy production, and recovery.
- Common deficiencies athletes may face are iron and calcium. Eating leafy green vegetables, dairy, legumes, and nuts/seeds can help combat these deficiencies.

CSUSM
STUDENT HEALTH & COUNSELING SERVICES (SHCS)

FUEL YOUR FITNESS

Myth: Carbs will cause you to gain weigh.
Fact: Carbs are part of a healthy diet. They are broken down into glucose which is the primary fuel for our body. Try to stick with complex carbs (whole wheat bread, brown rice, fruit, beans, oats, chia seed, etc.) which are a slow and steady source of energy.

Myth: You don't need rest days.
Fact: Rest days are crucial as they allow for your muscles to recover and repair. They also help prevent overtraining and injuries.



Myth: You need a lot of protein when working out and must supplement with protein powder.
Fact: Protein is important for a balanced diet, especially when working out, but most people can get enough protein from eating clean, quality food. It's important to consume complete proteins such as those derived from animals (meat, poultry, eggs, milk, etc.). Non-animal derived proteins need to be consumed consciously as you often must pair two types of proteins (legume + whole grain, legume + seed, legume + nut)

Myth: All fats are bad for you.
Fact: Fat supports our organs, gives us a sense of fullness, and helps us to digest food. Fats also play an important role in helping our body to absorb fat soluble Vitamins A, D, E, and K.



Myth: Sugar is harmful so always opt for sugar free choices.
Fact: Although you should avoid eating too much sugar, natural sugar is often a better choice than artificial sweeteners. Artificial sugar may be linked to altered gut biome as alcohol sugars cause gastrointestinal distress when consumed in excess.

CSUSM
STUDENT HEALTH & COUNSELING SERVICES (SHCS)