

## PERFORMANCE NUTRITION PLAY OF THE DAY:

### SUPPLEMENTING FOR PERFORMANCE

For most athletes, a diet consisting of foods that **FUEL** (carbohydrate), **BUILD** (protein), **PROTECT** (healthy fats) and **PREVENT** (vitamins & minerals) will cover all of your nutritional needs. However, to support and optimize an intense training program you may need to include supplementation in your nutrition plan.

**NOTE:** *Before considering a supplement, consult with a Registered Dietitian to determine a supplement regimen that is appropriate and safe for you.*

#### Pre-Exercise Supplementation:

- + Branched-Chain Amino Acids (BCAA'S)
  - ✓ Protect muscle tissue during intense exercise
- + Beta Alanine
  - ✓ Decreases time to fatigue (improves endurance)
  - ✓ Not appropriate for activities less than an hour in length
- + Creatine
  - ✓ Increases lean body mass
  - ✓ Not appropriate for endurance athletes

#### Post-Exercise Supplementation:

- + Protein Powder
  - ✓ Promotes rapid recovery
  - ✓ Prevents muscle breakdown
- + Fish Oil
  - ✓ Decreases inflammation
  - ✓ Promotes healing



#### Daily Supplementation:

- + Multivitamin
  - ✓ Optimizes muscle function, bone health and tissue repair
- + Iron (Female Athletes)
  - ✓ Supports development of red blood cells, which carry oxygen to tissues

Call Mayo Clinic Sports Medicine Center to book a nutrition appointment:  
507-266-9100