



foodwise

Sports Supplements

FACT Sports supplements claim to enhance sports performance, increase muscle growth and speed up metabolism. Most of these products fail to live up to expectations and have little science to back them up.

Popular products include protein powders, amino acids, pre workout supplements and fat blasters. They come in many different forms including sports bars, drinks, pills, powders and gels.



With a healthy balanced diet you will get all the energy and nutrients your body needs for growth, development and daily activities.

Supplements of any kind will not produce the same results as a healthy diet and regular exercise.

What are the risks?

- Can be expensive and don't always deliver results
- Not regulated and are often not tested for their safety, especially if they are purchased overseas
- May contain substances that are banned by sporting authorities.

Sports Supplements

For the best results you need a balanced eating plan that includes carbohydrate and protein rich foods and a consistent training regime.

1. Does more protein = more muscle?

No, excess intake of protein through powders, shakes and bars will not increase muscle growth. Excess protein is broken down and excreted by the body, and excess energy is stored as fat.

What should I do? Enjoy foods from the Five Food Groups and include rich sources of protein such as lean meat, chicken, fish, eggs, legumes, cheese, milk and yoghurt.

2. Does carbohydrate = muscle fuel?

Yes, carbohydrate provides fuel for your muscles. If you don't eat enough carbohydrate, it will affect your training sessions and make it tough to reach your goals.

What should I do? Include carbohydrates in your eating plan. Good sources are wholegrain breads, cereals, rice, pasta, quinoa and breakfast cereals.



Combine carbohydrates and protein at meals and snacks to increase muscle growth and reduce body fat.



3. Training smart

Develop a good training program – be committed, consistent and realistic. To increase muscle mass you need an appropriate muscle building program that includes regular resistance training sessions.

Pre and post training snacks that contain protein and carbohydrates:

- Tub of reduced fat yoghurt with fruit
- Bowl of breakfast cereal and reduced fat milk
- Sandwich with lean meat or chicken and salad
- Pasta with a tomato based pasta sauce and grated cheese
- Homemade smoothie – reduced fat milk and yoghurt, honey and fruit plus a scoop of skim milk powder
- Muesli bar and Milo™ with reduced fat milk.



Good websites

Sports Dietitians Australia
www.sportsdietitians.com.au

Australian Institute of Sport
www.ausport.gov.au/ais/nutrition

Where can I find out more information?

HERE ARE 3 WAYS:

1. **TALK** to your GP

2. **MAKE A FREE APPOINTMENT** with an ACT Health Community Dietitian by phoning **6207 9977**

3. **CHECK OUT** more Foodwise factsheets at www.health.act.gov.au

