

Basic Guidelines for Athlete Nutrition

More than enough is not better than enough.	<ul style="list-style-type: none">• If a small amount of nutrient is needed to ensure optimal health, more than this amount is not necessarily better and may cause problems by reducing the intake of other required nutrients.• There is increasing evidence that vitamin supplement intake make cause more problems than they resolve because the total intake is likely to be excessive and the per-dose intake is likely to exceed real-time cellular capacity.• Taking a food-first approach is likely to be better, especially if there is no known biological nutrient deficiency.
Eating a wide variety of foods is necessary to ensure exposure to needed nutrients.	There is no such thing as a perfect food that contains all the nutrients in perfect proportion to cellular needs. Consumption of a wide variety of foods is necessary to ensure optimal nutrient exposure.
Eat enough to satisfy energy, fluid, and nutrient needs in real time.	There should be a dynamic relationship between the requirement for energy and nutrients and the consumption of energy and nutrients. Never overfill the tank, and never let it go empty. It is not possible to drive from New York City to San Francisco by putting all the fuel in the tank at once, and the human body cannot do that either. Far too many athletes also postload their food intake, consuming energy after they needed it.