Ten Things You Need to Know About Sports Nutrition

1. Look Beyond Weight When Determining Health
2. Building Muscle Takes More Than Just Protein
3. Protein: It’s Not Just More, But When and How Much
4. Infrequent Meals Cause Problems
5. Fresh foods help the microbiome keep you healthy
6. Good Food, Bad Food, Wrong Choice
7. Relative Energy Deficiency in Sport (RED-S) can be a Problem
8. Poor Hydration, Poor Performance
9. Recovery from Exercise is Just as Important as the Exercise
10. It Is Important to Learn How to Lower Stress

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