

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

