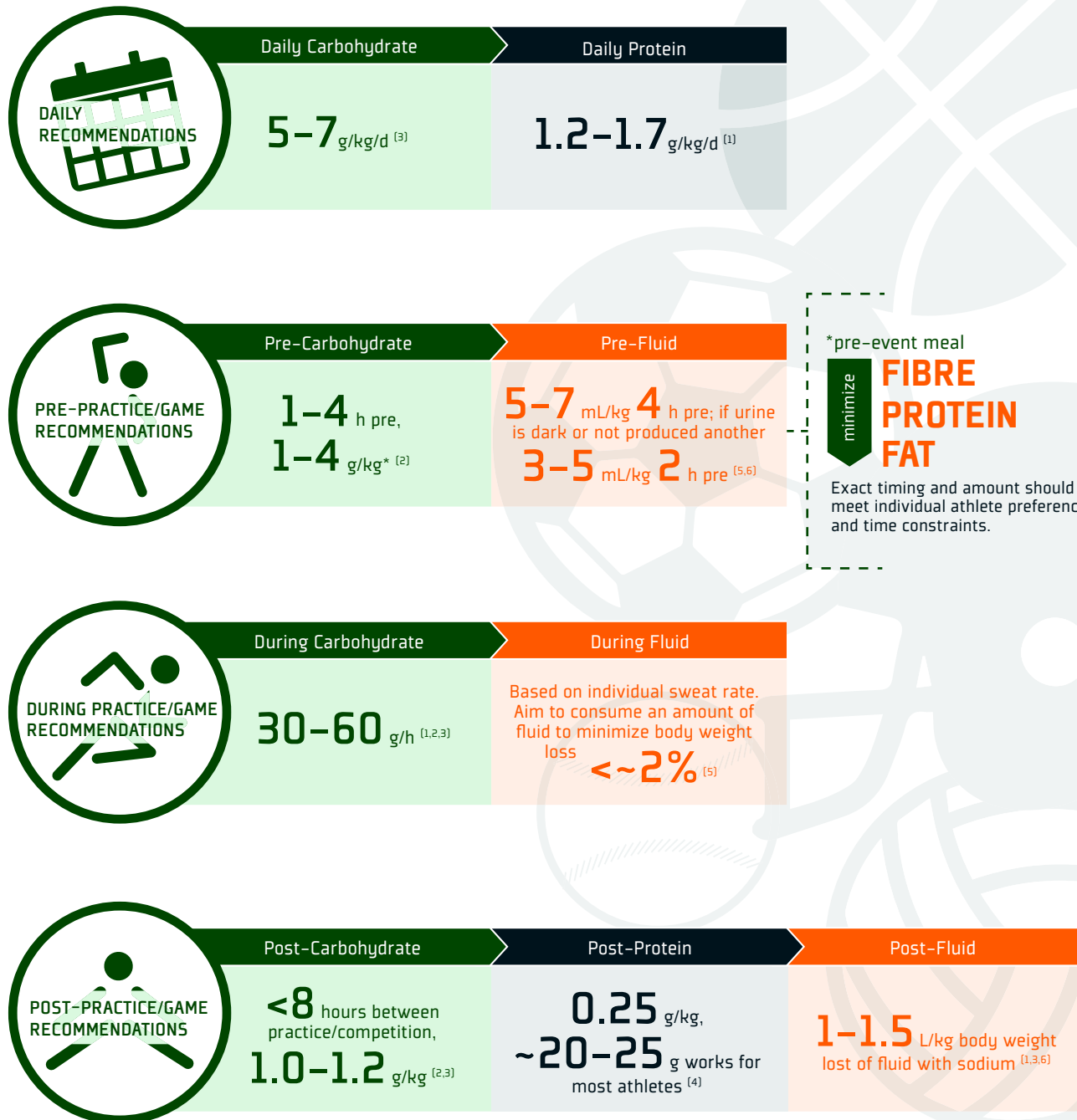


BY THE NUMBERS | TEAM SPORTS

SPORTS NUTRITION FOR THE COMPETITIVE SEASON

Current Recommendations from the Scientific Literature This document is designed as a quick reference of published recommendations for adults. These numbers should be used as a guide, taking into account individual factors and goals of the athlete. *Every team sport is different and factors such as rules of play, frequency of games, length of season and position-specific requirements alter the nutritional plans.*



For more in-depth information, please visit www.GSSIweb.org/en-ca and click on For Professionals.

References:

- ⁽¹⁾ American College of Sports Medicine, American Dietetic Association, Dietitians of Canada. (2009). Nutrition and athletic performance. *Medicine and Science in Sports and Exercise*, 41, 709-731.
- ⁽²⁾ Burke, L., Hawley, J., Wong, S., & Jeukendrup A. (2011). Carbohydrates for training and competition. *Journal of Sports Sciences*, 29 Suppl 1, S17-27.
- ⁽³⁾ Holway, F. & Spriet, L. (2011). Sport-specific nutrition: Practical strategies for team sports. *Journal of Sports Sciences*, 29 Suppl 1, S115-125.
- ⁽⁴⁾ Phillips, S. & Van Loon, L. (2011). Dietary protein for athletes: from requirements to optimum adaptation. *Journal of Sports Sciences*, 29 Suppl 1, S29-38.
- ⁽⁵⁾ Sawka, M. N., Burke, L. M., Eichner, E. R., Maughan, R. J., Montain, S. J., & Stachenfeld, N. S. (2007). American College of Sports Medicine position stand: Exercise and fluid replacement. *Medicine and Science in Sports and Exercise*, 39, 377-390.
- ⁽⁶⁾ Shirreffs, S. & Sawka M. (2011). Fluid and electrolyte needs for training, competition, and recovery. *Journal of Sports Sciences*, 29 Suppl 1, S39-46.



GATORADE TEAM SPORTS