

COVID-19 NUTRITION TOP TIPS FOR ATHLETES

MAINTAIN YOUR MUSCLE MASS



Use resistance exercises to preserve muscle mass and maintain optimal body composition, combined with nutritional strategies:

Include protein sources at all meals and snacks (meat, fish, egg, dairy products).



Ingest 20 grams of protein twice a day outside the main meal (high protein yoghurt, turkey/chicken ham, low-fat cheese, etc.) OR 20 grams of whey protein with a shake.



Consider taking an additional high protein snack before sleeping (e.g. 20 grams of casein protein with water, milk, high protein yoghurt, turkey/chicken ham, low-fat cheese, etc.).

