

# COVID-19 NUTRITION TOP TIPS FOR ATHLETES

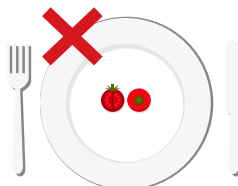
## SUPPORT YOUR IMMUNE HEALTH

There are no magic formulas to “boost” your immune system, but a balanced diet will support your immune system. This will help you to stay healthy, sustain your training activities and reduce the risk of illness. Here is a list of practical tips:

Have a varied and balanced-diet



Stay away from crash dieting



**Eat nutrients** proven to support your immune system:

**Vitamin C** – e.g. kiwi, orange, papaya, berries, bell pepper, broccoli, spinach.



**Vitamin E** – e.g. seeds, nuts.

**Zinc** – e.g. shellfish, meat, fish, seeds, nuts.



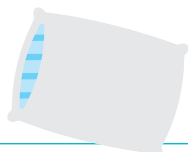
**Vitamin D** – sun exposure, Vitamin D3 supplementation and some specific foods such as fortified dairy, salmon, sardines, egg yolk.

**Avoid** nutrient deficiencies by eating a rainbow everyday. (coloured fruits and vegetables)



**Maintain** a good sleep hygiene

Zzz



For more intense training sessions or sessions longer than 1 hour, consider the intake of 30 grams of carbohydrates per hour (e.g. medium-size banana, 500 mL of sports drink)

HYDRATED

HYDRATED

HYDRATED

DEHYDRATED

DEHYDRATED

DEHYDRATED

SEVERELY DEHYDRATED

SEVERELY DEHYDRATED

**Refuel and rehydrate** after each training session to help recovery and avoid dehydration (check the urine chart)

**Good post-exercise rehydration** is highly important as the weather gets warmer. You can easily estimate your fluid losses with this formula:

$Sweat\ loss\ (L) = pre\text{-}exercise\ body\ weight\ (kg) - post\text{-}exercise\ body\ weight\ (kg) + fluid\ intake\ (L)$

**Note:** To rehydrate fully you must drink at least 1.5 x your total sweat loss. E.g. For each 1kg of fluid loss you should drink 1.5L of fluids.



**And remember** to wash your HANDS properly with soap and water

throughout the day, and make sure your drinking bottles are always clean as well.