

# COVID-19 NUTRITION TOP TIPS FOR ATHLETES

## GET YOUR ENERGY NEEDS



As a result of adapted training sessions and other variables (e.g stress, sitting more) you might need less energy than before.

To avoid increasing your body fat, daily energy intake should be adapted; reduce carbohydrate intake, increase protein and vegetable intake.

Here are some tips:

**Plan,**  
your daily meals and  
keep your routines



**Adjust,**  
on-plate  
portion sizes  
by decreasing  
(not removing)  
carbohydrates  
and increasing  
protein and  
vegetables



**Avoid,**  
energy dense  
food (high-  
calorie and  
nutrient-  
poor) such as  
soft drinks,  
cookies,  
chocolates, cakes, sweets, chips, honey, jam



**Choose,**  
nutrient-rich/low(er)-calorie food such as  
fruit, vegetables, low-fat dairy (yoghurt,  
cheese, milk), nuts, whole-grain products,  
turkey/chicken ham



**Avoid or swap,**  
regular soft drinks for “zero”  
or “diet” versions

