

# your performance edge: FOOD VS. SUPPLEMENTS



## FOOD FIRST<sup>1,2,3</sup>

- Whole foods have greater nutritional content than powdered or pilled products
- Most supplemental ingredients can be adequately ingested by way of a balanced diet
- Vitamins and minerals are better absorbed through food products

65% of NCAA Student-Athletes do not use dietary supplements.<sup>4</sup>

## WHAT YOU NEED TO KNOW<sup>3</sup>

- The safety, purity, or effectiveness of supplements does not have to be proved, as they do not have to be FDA approved
- Supplements can contain banned substances not listed on the labels due to contamination or poor manufacturing
- A student-athlete that tests positive for a banned substance can lose a year of eligibility



SUPPLEMENT	RISKS	FOOD EQUIVALENT
<b>Multivitamin and Mineral</b>	Potential toxicity if taken in amounts greater than recommended	Meats, poultry, fish, whole grains, vegetables, fruits, beans and peas, nuts, low-fat dairy
<b>Caffeine</b>	Potential anxiety, irritability, insomnia, headaches, gastrointestinal (GI) distress	Coffee, tea, chocolate Note: Consumed in high quantities, these foods can result in testing positive for a banned substance
<b>Creatine</b>	GI distress, cramps, potential contamination	Meat, poultry, fish
<b>Protein and Added Amino Acids</b>	Potential contamination	Beef, pork, chicken, fish, turkey, beans, lentils, tofu, tempeh, nuts, low-fat dairy, eggs
<b>Omega-3 Fatty Acids</b>	Potential contamination	Fatty fish (salmon), flaxseed oil, walnuts, canola oil

"Understanding Dietary Supplements" -- NCAA Sport Science Institute

In some cases, supplementation can benefit athletic performance, but **REMEMBER:**

1. Always consult a UVA Sports Nutritionist before taking any supplement
2. Supplements should not replace food

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