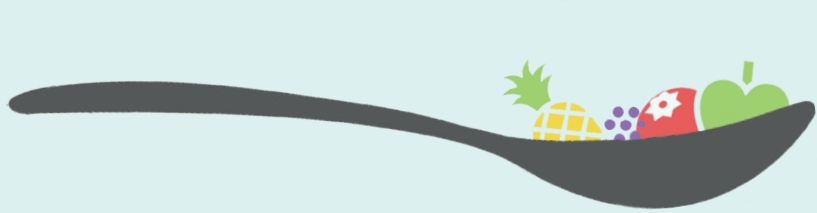


your performance edge: FOOD VS. SUPPLEMENTS



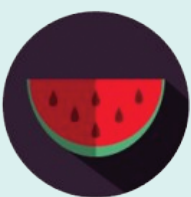
FOOD FIRST^{1,2,3}

- 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.⁴

WHAT YOU NEED TO KNOW³

- 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
Multivitamin and Mineral	Potential toxicity if taken in amounts greater than recommended	Meats, poultry, fish, whole grains, vegetables, fruits, beans and peas, nuts, low-fat dairy
Caffeine	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
Creatine	GI distress, cramps, potential contamination	Meat, poultry, fish
Protein and Added Amino Acids	Potential contamination	Beef, pork, chicken, fish, turkey, beans, lentils, tofu, tempeh, nuts, low-fat dairy, eggs
Omega-3 Fatty Acids	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

UVA SPORTS NUTRITIONISTS

Randy Bird | rlb6ea@virginia.edu | 434-243-1148
Kelly Rossi | kar7k@virginia.edu | 434-982-5691
Brooke Pearson | bhh5s@virginia.edu | 434-924-8268

1. Buell, J. L., Franks, R., Ransone, J., Powers, M. E., Laquale, K. M., & Carlson-Phillips, A. (2013). National Athletic Trainers' Association Position Statement: Evaluation of Dietary Supplements for Nutrition Performance. Journal of Athletic Training, 48(1), 124-136. Retrieved February 28, 2016.
2. Supplements can't replace benefits of healthy foods. NCAA Sports Science Institute. (2013). Retrieved March 3, 2016.
3. Understanding Dietary Supplements. NCAA Sports Science Institute. Retrieved February 15, 2016.
4. NCAA (2013) National Study of Substance Use Habits of College Student Athletes.



Created by Chris Yankowich, Wrestling '16
Designed by Thrisha Potluri, '17