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Sports nutrition focuses on good eating habits all the time, but also may focus on carbohydrates. For example, athletes training for endurance events may eat more carbohydrates in their diets in the days before the event to boost their energy and performance. Protein for muscle repair and growth is another important aspect of sports nutrition.

Fitness Sports nutrition - Mayo Clinic

Nutrition for Athletes. Athletic performance and recovery from training are enhanced by attention to nutrient intake. Developing an ideal nutrition plan for health and performance includes identifying the right quantity, quality and proper timing of food and fluids needed to support regular training and peak performance.

Fitness and Sports Nutrition | Food and Nutrition ...

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Nutrition for Optimal Health, Wellness, and Sports

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