

## **Nutrition for Athletes in Isolation**

While athletes may find themselves in isolation during the Covid-19 pandemic, it is important to keep nutrition top of mind. Work directly with your team or institute nutritionist and follow these quick tips to ensure that you're tailoring your nutrition to best suit your current needs and to maintain the training gains you've had all year long, while keeping your health optimized.

- **KEEP TO A REGULAR EATING SCHEDULE:** This will prevent boredom and mindless eating, which can lead to excess unwanted (and needed) calories! Ask yourself Are You Hungry first, if YES, then PLAN what you will have, and listen to satiety cues and stop when you're full!
- **KEEP THE FIBER UP!:** If you're moving less overall due to confined spaces, be sure to get adequate amounts of daily soluble and insoluble fiber to keep the bowels moving while also helping you to feel fuller longer; preventing the late night Netflix munchies.
- **STAY HYDRATED:** Dehydration can increase levels of stress hormones, something we all don't need more of right now. Drink 2-4 L of fluid such as water, carbonated water, tea, coffee, milk, or small amounts of 100% juice. If your first urine after waking up is the colour of lemonade, you're doing well. Limit Alcohol!
- **REDUCE OVERALL ENERGY INTAKE:** Depending on what types of at home training you're doing, it is most likely that your total volume and intensities will be decreased from normal training loads. It will be individual but can average a reduction from 500-1000 calories/day, mainly from starchy and simple carbohydrates (Grains and Fruits) and fats. See example below. TIP: reduce your usual plate/bowl size to reduce overall portions and limit snacking. See Plate model below.
- **KEEP PROTEIN HIGH!:** It is important to continue with your regular protein needs, as this will help to minimize any lean muscle mass loss during reduced strength training. Focus on high quality proteins: Poultry, meat, fish (canned or dried!), eggs, dairy (and lactose free dairy), soy (edamame), and quinoa (good sub when there is no rice!).
- **CONTINUE WITH YOUR REGULAR NUTRITION SUPPLEMENTATION PROTOCOL:** This means if you were taking for ex. iron, Vitamin D, B12 etc. for clinical deficiencies, DONT FORGET TO CONTINUE THEM!