

# TEN NUTRIENTS ATHLETES CAN'T BE WITHOUT . . .

## AND HOW TO EAT THEM!

GET THIS!	WHAT ON EARTH FOR?	BUT WHERE?
<b>Calcium</b>	<ul style="list-style-type: none"> <li>To prevent stress fractures</li> <li>To prevent brittle bones (osteoporosis)</li> </ul>	<ul style="list-style-type: none"> <li>Almonds</li> <li>Yogurt (almond milk, coconut milk, and cow's milk)</li> <li>Cheese and cottage cheese</li> <li>Kale and broccoli</li> </ul>
<b>Vitamin D</b>	<ul style="list-style-type: none"> <li>To prevent stress fractures</li> <li>To prevent brittle bones</li> <li>To help absorb calcium</li> <li>To fight off colds and sicknesses</li> </ul>	<ul style="list-style-type: none"> <li>Eggs (only in the yolks!!)</li> <li>Fish (salmon, tuna, and sardines)</li> <li>Some processed foods are fortified with vitamin D (almond/coconut/cow milks and yogurts)</li> </ul>
<b>Magnesium</b>	<ul style="list-style-type: none"> <li>To prevent muscle cramps</li> <li>To help with bone strength</li> <li>To help with mental focus</li> </ul>	<ul style="list-style-type: none"> <li>Almonds, cashews, pumpkin seeds</li> <li>Peanut butter and peanuts</li> <li>Avocado</li> <li>Bananas</li> <li>Cocoa powder</li> <li>Quinoa and brown rice</li> <li>Black beans and navy beans</li> </ul>
<b>Omega-3 fats</b>	<ul style="list-style-type: none"> <li>To help the brain be protected if you have a serious head injury</li> <li>To help fight inflammation</li> <li>To promote healing</li> <li>To help with mental focus</li> <li>To keep heart and blood vessels healthy</li> </ul>	<ul style="list-style-type: none"> <li>Fish (salmon, catfish, sardines)</li> <li>Ground up flax seed (SD has amazing flax!)</li> <li>Chia seeds</li> <li>Certain eggs (in the yolks!)</li> <li>Walnuts</li> </ul>
<b>Vitamin K2</b>	<ul style="list-style-type: none"> <li>To help the body use calcium and vitamin D</li> <li>To help prevent stress fractures and keep bones strong</li> <li>To keep the heart and blood vessels healthy</li> </ul>	<p>This is in very few foods, making many people deficient in it!</p> <ul style="list-style-type: none"> <li>Eggs (in the yolks!)</li> <li>Cheeses like Brie, Gouda</li> <li>Butter from grass-fed cows (Kerrygold butter)</li> <li>Some meats</li> </ul>
<b>Vitamin E</b>	<ul style="list-style-type: none"> <li>To help prevent muscle cramps</li> <li>To promote healing and strong, healthy skin</li> <li>It is a strong anti-oxidant</li> <li>To help fight off colds and sicknesses</li> </ul>	<ul style="list-style-type: none"> <li>Nuts (almonds, sunflower seeds, peanuts)</li> <li>Spinach</li> <li>Avocado</li> <li>Olive oil</li> <li>Mango</li> </ul>
<b>Zinc</b>	<ul style="list-style-type: none"> <li>To fight off colds and sicknesses</li> <li>To help with hormone production</li> <li>To help with the body's healing and repair systems</li> </ul>	<ul style="list-style-type: none"> <li>Meat and seafood (highest amounts)</li> <li>Pumpkin seeds</li> <li>Hemp</li> <li>Cocoa powder</li> <li>Oatmeal</li> </ul>
<b>Vitamin C</b>	<ul style="list-style-type: none"> <li>To promote healing</li> <li>To keep ligaments and bones strong</li> <li>To help fight off colds and sicknesses</li> </ul>	<ul style="list-style-type: none"> <li>Fruits like oranges, strawberries, pineapple, mango, kiwi</li> <li>Vegetables like spinach, broccoli, and bell peppers</li> </ul>
<b>Potassium</b>	<ul style="list-style-type: none"> <li>To prevent muscle cramps</li> </ul>	<ul style="list-style-type: none"> <li>Oranges, avocados, bananas, tomatoes, potatoes, sweet potatoes</li> </ul>
<b>Vitamin B12</b>	<ul style="list-style-type: none"> <li>To promote quick responses and reflexes</li> <li>To prevent anemia</li> </ul>	<ul style="list-style-type: none"> <li>Meat products</li> <li>Eggs</li> <li>Some processed foods are fortified with it</li> </ul>

This is not a complete list of all the nutrients you need, but it's a good start! Another good one is folate, but if you eat from this list, you'll get that too!