

## Nutrition for Athletes – Tom Chorny

- 1 What is the goal of Nutrition?
- 2 What is Nutrition?
  - a. Macro-Nutrition
    - i. Carbs
      1. Good Carbs vs. Bad Carbs
        - a. Glycemic Index
        - b. Fiber
    - ii. Protein
      1. Issues with Protein
        - a. How much is enough
        - b. Vegetarian Athletes
    - iii. EFAs
    - iv. Pre/Post Workout Nutrition
    - v. Hydration
  - b. Micro-Nutrition
    - i. Oxidative Stress and Free-Radicals
    - ii. Anti-Oxidants
    - iii. RDA vs Optimal amounts
    - iv. Today's Diet
    - v. Supplements, yes or no?
      1. How and Who to trust?
- 3 Summary and Questions