



Food for Athletes

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You are the coach for the Australian Olympic athletic team which includes sprinters, marathon runners and shotput throwers.

Your task is to research the functions and energy content of food nutrients and to design a diet for each of these 3 types of athletes – all males.

Remember to include a lot of complex carbohydrates as these athletes burn up a lot of kilojoules in intensive training. Do not include too much fat or salt because these are healthy for the circulatory system in the long-term.