Inside a LOW-CARB Diet For Athletes

What It Is & What It Means For Your Performance

You may have heard of the Paleo or Caveman Diet, Atkins or even the South Beach Diet. And you might be wondering if one of these is right for you. As an athlete, it might not make the cut during the competitive season.

What’s Good:
• For Paleo, you eat more whole foods and avoid processed foods
• Low-carb diets can help with weight loss

Watch Out For:
• Restricting carb intake – the primary fuel for athletes
• Substituting foods for those that normally contain carbs – this may result in a higher intake of saturated fat than you need

If You Do:
• You may not be able to perform at your best without carbs – your primary source of fuel during exercise
• You won’t be making the best choice for an in-season diet

Flip this over for the ideal in-season Athlete Diet.