

SPORTS SUPPLEMENTS

Protein powders

Sports drinks

Performance enhancers

Nutritional supplements

Protein balls

Protein bars



More expensive than real food & not as enjoyable to eat



Who may benefit?

Elite athletes who may struggle to meet nutritional needs



Probably not your average gym goer or recreational athlete

Do they work?



- For most, no proof that they work
- Not better than nutrient rich food (e.g protein rich foods like eggs or dairy)
- Extra protein does not lead to more muscle
- Excessive use may be harmful



Be careful

- Sports drinks are high in sugar
- Supplements add calories & this may lead to unintended weight gain



Money better spent on real food, a gym membership & an appointment with a dietitian



Fruit & yoghurt



Egg sandwich



Tuna & crackers



Veggie juice & nuts



Added benefit of natural vitamins, minerals & fibre

Need advice that suits your life? Book an appointment with the Monash Nutrition Clinic

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