

## 1 DO ATHLETES NEED TO CARBO LOAD?

In this age of carbohydrate phobia, many athletes are eliminating carbs from their diets. Carbohydrates are the fuel your muscles love to burn. With that said, carbohydrate loading, or carbo loading, is a practice used mainly for endurance athletes. It is not just about piling pasta on the plate the night before a big game. Not all athletes need to carbo load, but all athletes do need carbohydrates. For more information on carbohydrate loading, see the sports books recommended at [www.collegeeatingguide.com](http://www.collegeeatingguide.com)

## 2 DO VITAMINS PROVIDE YOU WITH EXTRA ENERGY?

Vitamins do not contain calories, nor do they increase your energy. A diet rich in natural vitamins and good, wholesome food is the best way to feel the most energized.

## 3 DOES EATING MORE PROTEIN GIVE YOU BIGGER MUSCLES?

A good training program and a diet adequate in calories and protein will increase muscles. If you eat more protein than your body requires, it will be burned as energy or converted to fat.

## 4 IS BEER A GOOD THIRST QUENCHER?

Beer is not recommended to replace fluids because it can actually be dehydrating. It's best to replace fluids with plain water or a sports beverage.

## 5 WILL DRINKING FLUIDS BEFORE COMPETITION GIVE YOU CRAMPS?

You must continually replace fluids during competition. Cramps are not usually caused by fluid intake and in fact can be a signal that you are not properly hydrated.