


# DIET & NUTRITION PROGRAMS FOR SPORTSPERSONS & SPORTS ACADEMIES



- 🏆 Sports Diet & Nutrition Workshops
- 🏆 Diet & Nutrition Consulting Services for Sports Teams
- 🏆 Individual Sports Diet & Nutrition Consultation Packages
- 🏆 Special Packages for Young & Aspiring Sports Achievers and Children



**Make Sure Your Body  
Can Go As Long As You Can**

Café Nutrition specializes in delivering performance Diet & Nutrition Consulting services to champions and aspiring champions alike. Sports Nutrition plays a vital role in complementing all other efforts taken by Sportspersons to raise their performance. Our team will deliver sport specific advice to achieve peak performance.

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## SPORTS DIET & NUTRITION WORKSHOPS

Athletic performance pushes your body to the edge. Progress is accomplished by progressively stressing your body and allowing it to recover. If you do not receive adequate nutrition from your diet, this recovery is not possible. As you continue to train, stress, fatigue and metabolic waste will accumulate in your body. If you are unsure if you are getting proper nutrition for your training, our customised workshops will guide you with inputs on:



Fuel foods



Importance of  
micronutrients



Importance  
of hydration



Pre and post  
workout meals



Myth about  
sports drinks



Fast food  
hazards



Importance  
of breakfast



Eating on  
the go



The vegetarian  
athlete

## INDIVIDUAL SPORTS DIET & NUTRITION CONSULTATION

A solid sports nutrition plan supports training and improves performance. Your body needs the right balance of carbohydrates, protein, fat, vitamins, minerals and fluids to fuel your fitness. Scientific developments and new discoveries about how different food types work within the body mean that athletes can now tailor their diets to help them excel in their particular sport. Our aim is to help talented athletes achieve their athletic potential. Our comprehensive nutrition packages have been developed to cover every aspect of nutrition in order to optimise athletes' performance.

## DIET & NUTRITION CONSULTING FOR SPORTS TEAMS

The training undertaken by committed sportsmen and women calls for a high-energy diet. In all team sports, the margins between victory and defeat are often very small. What you eat and drink leading up to and on game day will affect your performance, so its important that you get it right. Cafe Nutrition provides day to day eating guidelines and practical game day strategies to the team for peak performance.

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