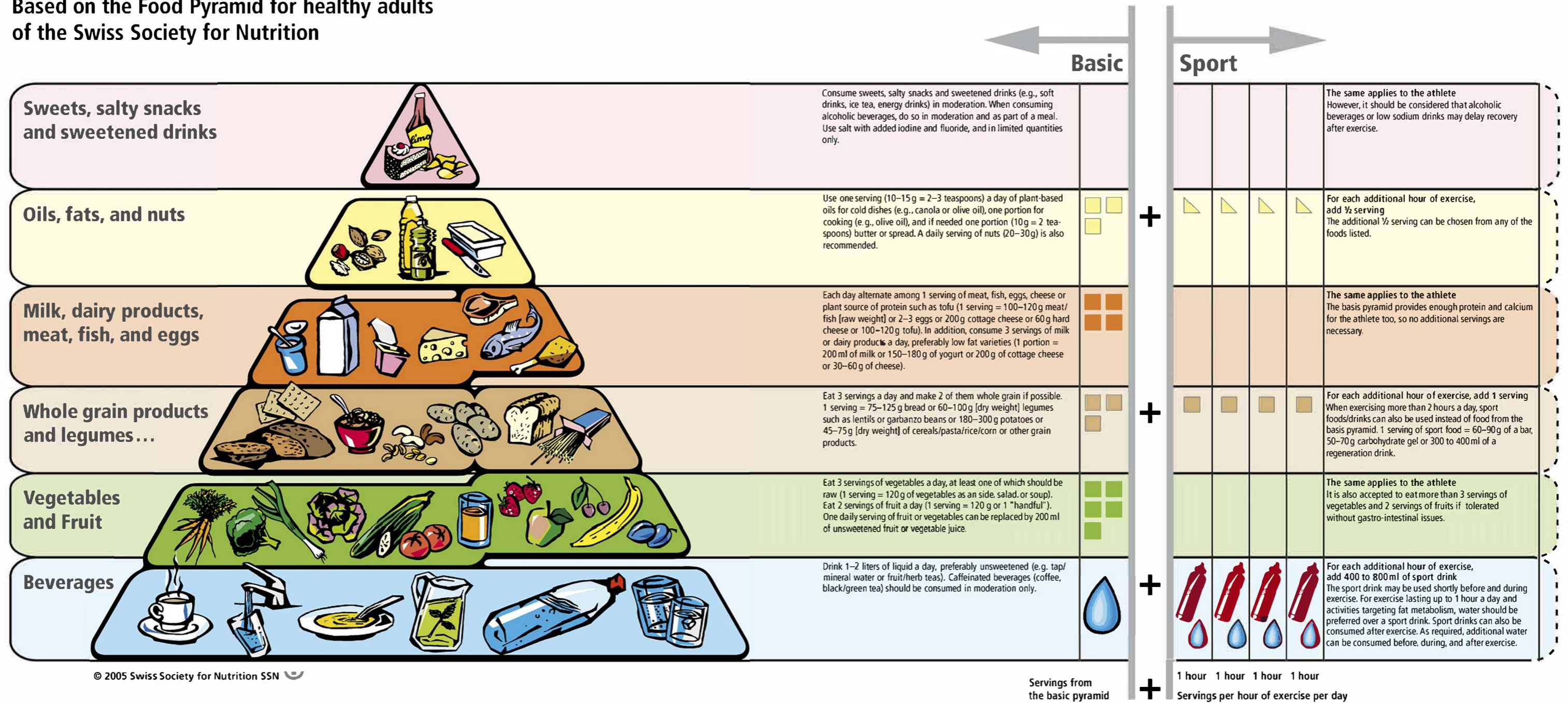


# Food Pyramid for Athletes

For athletes exercising  $\geq 5$  hours per week

Based on the Food Pyramid for healthy adults of the Swiss Society for Nutrition



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The Food Pyramid for Athletes is based on the Food Pyramid designed and developed by the Swiss Society for Nutrition (Schweizerische Gesellschaft für Ernährung) for healthy adults, which will be referred to as the Basic Food Pyramid. This Basic Food Pyramid has been expanded to cover the energy and nutrient needs for daily exercise typically performed by athletes and active individuals.

The Food Pyramid for Athletes is aimed at healthy adults exercising on most days of the week for at least one hour or more per day at moderate intensity, totaling at least 5 hours of exercise per week.

Moderate intensity represents continuous activities such as swimming (2.5 km/h), running (8 km/h) or cycling (2 watts per kg body mass) or the "stop and go" of most intermittent and team sports such as an ice hockey

match, a soccer game or tennis match. The Basic Food Pyramid reflects balance in food choice, and the same applies to the recommendations for athletes. Both pyramids ensure sufficient energy and nutrient supply for their target population. All foods are allowed, but it is important that a variety of foods are chosen from each section, that produce is chosen seasonally, and all foods are prepared and processed with care. The regular intake of vitamin and/or mineral

fortified foods and beverages or the use of dietary supplements may exceed the upper tolerable intake level for micronutrients.

Adherence to the Food Pyramid for Athletes offers a solid foundation for longterm, successful performance capability. In contrast to the Basic Food Pyramid, where the recommendations do not have to be followed strictly on a daily basis, it is suggested that athletes meet the guidelines consistently

to ensure optimal regeneration and performance capability. The additional requirement to cover exercise training includes a volume of 1 to 4 hours of moderate intensity exercise per day. For high-intensity exercise and/or greater volumes, the energy and nutrient requirements will be higher. An experienced sports dietitian may help with adjusting food selection and serving size to individual needs.

**Serving size selection:** From the serving size range given in the pyramid, small athletes of about 50 kg body mass should choose the smallest serving size, whereas the largest serving size applies to athletes weighing about 85 kg. Intermediate serving sizes apply to athletes of corresponding intermediate body mass (e.g. medium serving size for 67.5 kg).