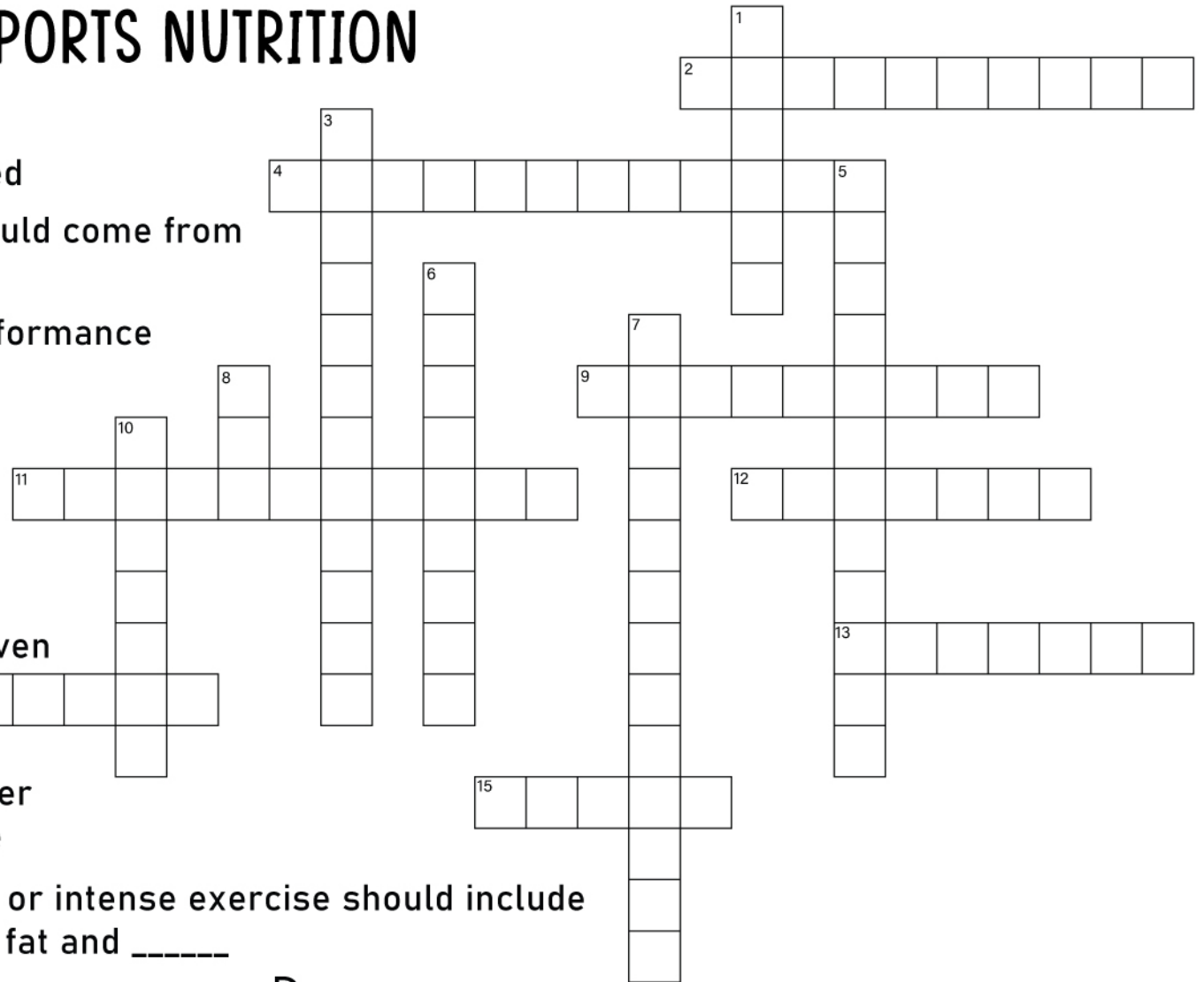


# SPORTS NUTRITION

## Across

2. Color of your urine if not dehydrated
4. 55-60% of an athlete's calories should come from this
9. One of the keys to top sporting performance
11. A good choice if exercising over 45 minutes
12. 15-20% of an athlete's calories should come from this
13. Sportsmen should drink water before, during and after an event even if they don't feel \_\_\_\_\_
14. This is how carbohydrates are stored in the liver and muscle to fuel working muscle
15. The last meal before a competition or intense exercise should include a moderate amount of protein, low fat and \_\_\_\_\_



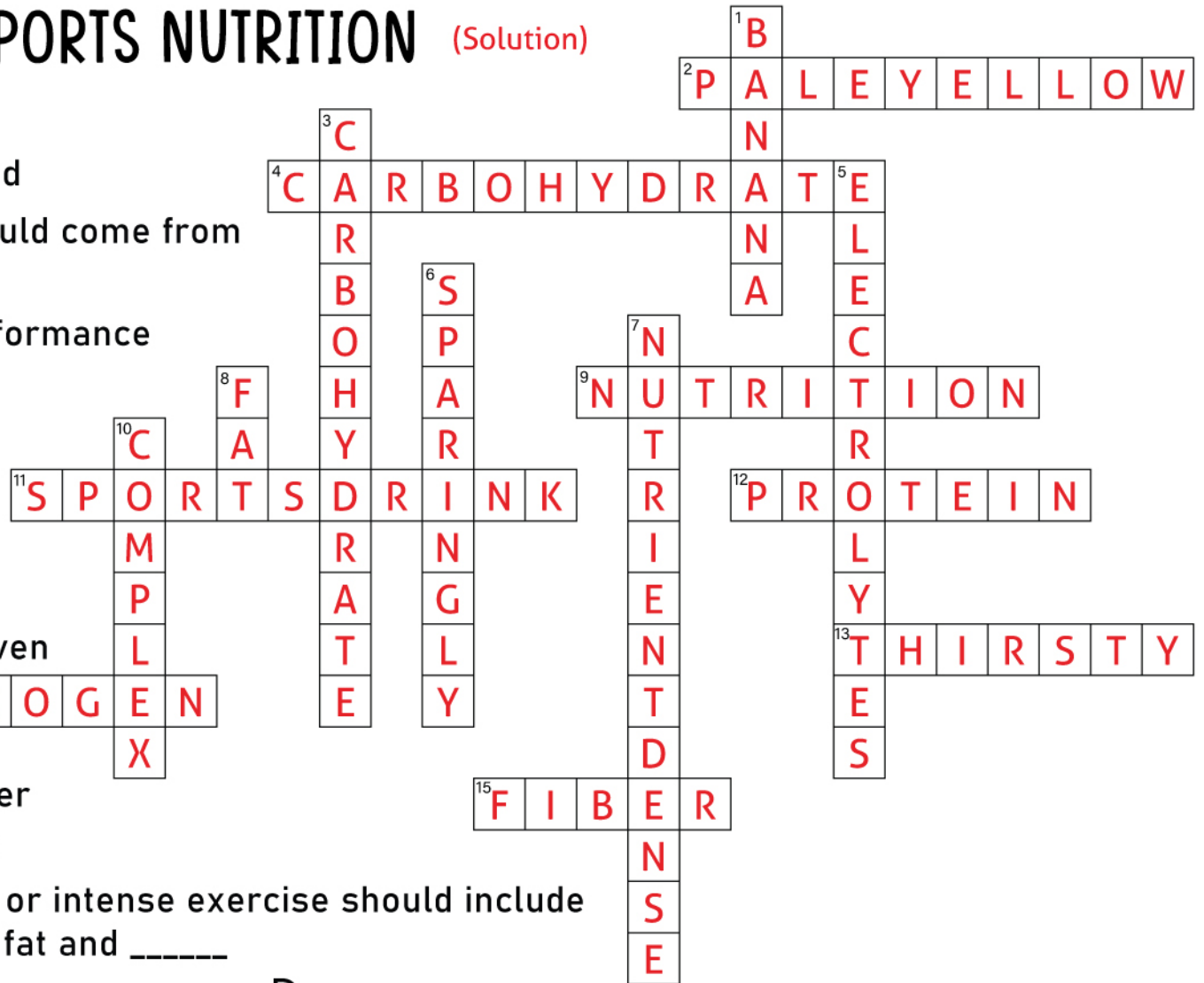
## Down

1. It is good to have this food during exercise
3. Nutrient that provides energy during exercise
5. Drinking too much water can alter these and cause body harm
10. The last meal before a competition or intense exercise should come from this type of carbohydrate
6. How you should eat protein and fat during exercise
7. The kind of diet sportsmen should eat
8. 20-25% of an athlete's calories should come from this

# SPORTS NUTRITION (Solution)

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