Sports Nutrition Tips

# Why Are Athletes Prone to Catching a Cold?

## Reasons for Immune System to Weaken

**High intensity and long duration**
**TRAINING**



**Losing weight in the short term (Weight class sports)**
**Lack of nutrition**

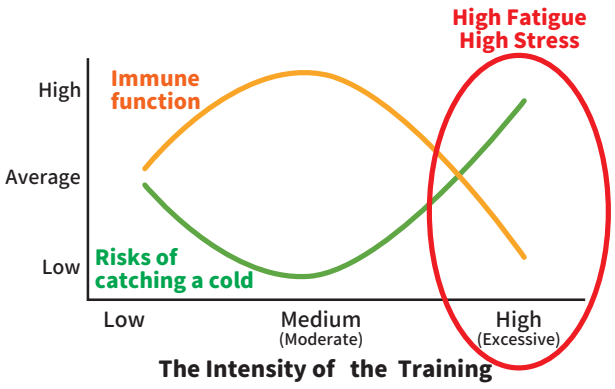


**Long flight/ Lack of sleep from traveling**



**Menstrual disorder**
**Amenorrhea**

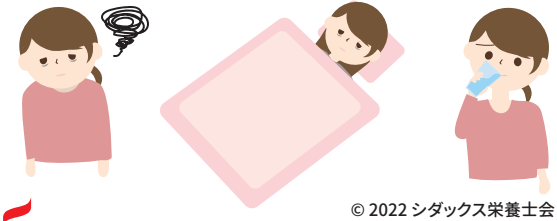





**Lack of nutrition from excessive weight loss and high intensity training exerts stress on the body, leading to extreme exhaustion which makes the immune system weaker and prone to catching a cold.**

## Signs of a Weakened Immune System

- ☐Still feel tired even after resting
- ☐Difficult to fall asleep or to wake up
- ☐Feel thirsty even after drinking water



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# To Prevent Immune Function from Weakening

## ① Actively Eat Nutrients related to Immunity

### Proteins

**Main ingredients of immune cells**

**Meats, fish, eggs, soy beans/ soybean products, dairy**




### Antioxidant Vitamins (Vitamin A,C,E)

**Inhibits the activity of active enzymes (lowering immune function)**

**Deep colored vegetables, fruits, nuts etc**



### Dietary Fibers Lactic acid bacteria

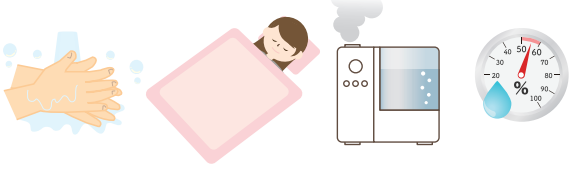
**Helps to improve intestinal environment**

**Vegetables, mushrooms, seaweed, soy products, fermented foods (yogurt, miso, natto, kimchi) etc**




## ②Make it a Habit to Maintain Immune System

- ◆Wash hands, gargle, and use hand sanitizer
- ◆Sleep (rest) well
- ◆Keep the humidity level between 50-60% in the room



参考：運動と免疫機能・感染リスクの関係
エッセンシャルスポーツ栄養学、日本スポーツ振興センター
Digital PR Platform、消費者庁

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