


Eat like an Olympian: Top sports nutrition trends

Caren Baginski and Jenna Blumenfeld, newhope360

Aug. 9, 2012

 EMAIL  SHARE  Tweet  +1  Recommend 3

COMMENTS  0



From junk food to organic, Olympians' nutritional strategies vary as much as the sports they play. As sports nutrition gets cleaner, we take a look at how Olympians and athletes get their fuel.

◀ Prev

8 of 8

Next ▶

To supplement or not to supplement?

Click [here](#) to dive into Olympic athletes and supplement use—and which athletes use supplements as a scapegoat for “accidental” doping. Here’s a preview: not all sports supplements are spiked and yes, athletes do use them for increased performance.

Olympic rower [Susan Francia](#) (pictured) and triathlete [Laura Bennett](#), both sponsored by BioEnergy Ribose, reveal why they use ribose during their training in the articles linked here.