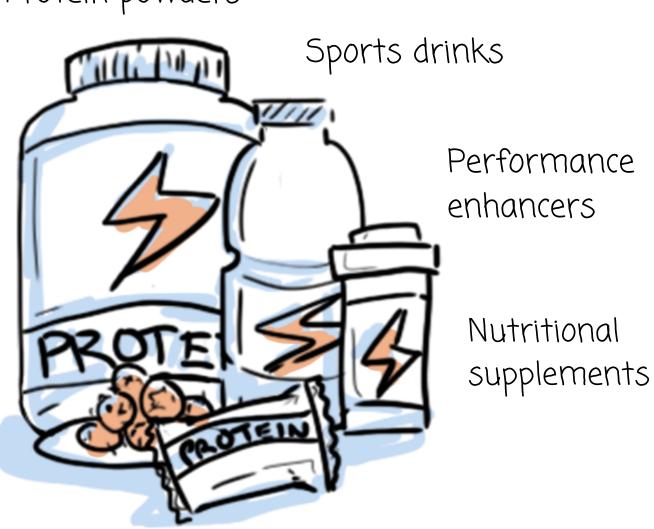
## SPORTS SUPPLEMENTS

Protein powders



Protein bars

More expensive than real food & not as enjoyable to eat



## Who may benefit?

Elite athletes who may struggle to meet nutritional needs

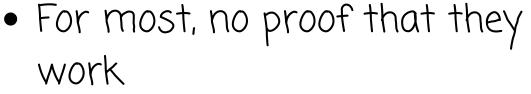




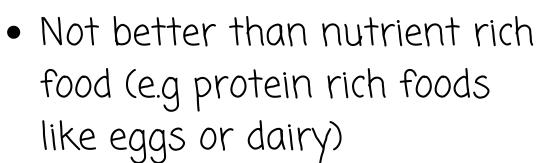
Probably not your average gym goer or recreational athlete

Do they work?

Protein balls

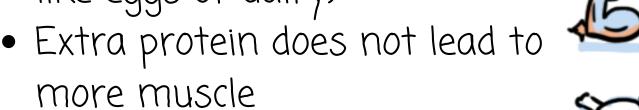






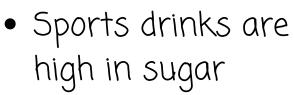








## Be careful





 Supplements add calories & this may lead to unintended weight gain







Money better spent on real food, a gym membership & an appointment with a dietitian

Fruit &





Egg sandwich



Tuna & crackers



Veggie juice & nuts



Added benefit of natural vitamins, minerals & fibre

Need advice that suits your life? Book an appointment with the Monash Nutrition Clinic



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