LOW-CHO HIGH FAT DIETS FOR ENHANCED PERFORMANCE IN TRACK & FIELD ATHLETES: A MYTHS

CHRONIC LOW-CHO HIGH-FAT DIETS

NON-KETOGENIC
- 65% energy as fat and <20% energy from CHO

KETOGENIC
- 75% energy as fat and <10% energy from CHO

PHYSIOLOGICAL EFFECTS

Increased fat oxidation at exercise

Reduced capacity for intestinal absorption of glucose

Decreased CHO oxidation

IMPACT ON PERFORMANCE

But a majority of track & field events are CHO - dependant

Increased risk of gut disturbances

Decreased effectiveness of CHO - feeding strategies

Decreased exercise economy

Reduced performance

Reference: Stellingwerff, Morton, and Burke IJSNEM 2019. © Copyright: IAAF 2019. All rights reserved. IAAF, Health & Science