

# Vegetables: your super supplements

As an athlete, you want to live, train and perform at your best, which requires your body and mind to be functioning at their best. Getting the right vitamins and minerals helps to ensure that your body works like a well-oiled machine. Here are a few key nutrients, some of their (many) functions relevant to athletes and foods that contain one or more of them.\*

## Vitamin C, B Vitamins (folate, niacin or B<sub>6</sub>)

Reduces tiredness & fatigue

Brain function

## Potassium

Hydration – water and electrolyte balance

## B Vitamins (niacin or thiamin)


Release energy from food

## Vitamin K or Vitamin C

Bone Structure

when consumed as part of a healthy balanced diet

\*cooked, except capsicum, lettuce, mushroom, tomato and watercress  
<http://www.vegetables.co.nz/health/vegetables-for-sport/>

For more information visit  **vegetables**  
.CO.NZ