

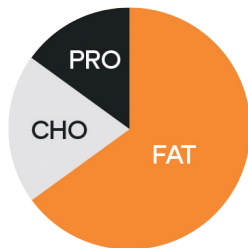
# LOW-CHO HIGH FAT DIETS

FOR ENHANCED PERFORMANCE IN  
TRACK & FIELD ATHLETES: A MYTHS

## CHRONIC LOW-CHO HIGH-FAT DIETS

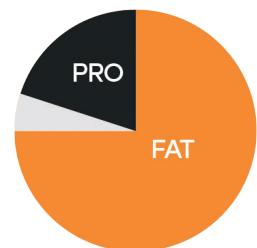
### NON-KETOGENIC

- 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

VS



Reduced capacity for  
intestinal absorption of  
glucose



Decreased CHO  
oxidation



## IMPACT ON PERFORMANCE

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

Decreased  
effectiveness  
of CHO - feeding  
strategies

Increased  
risk of gut  
disturbances

Decreased  
exercise  
economy



**Reduced  
performance**