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
Increased risk of gut disturbances
Decreased effectiveness of CHO - feeding strategies
Decreased exercise economy

Reduced performance

Reference: Stellingwerff, Morton, and Burke IJSNEM 2019 © Copyright. World Athletics. All rights reserved.