



GUT REACTION: Managing GI Issues in Athletes

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WHO IS AFFECTED?



- **30-50% of endurance athletes**
- **Less common in sports where the body is more stable, i.e. cycling, swimming, cross-country skiing**
- **More common in running¹**

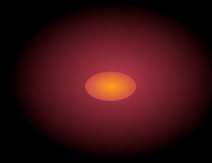
MOST COMMON DIGESTIVE PROBLEMS



- **Upper:**
 - **Heartburn**
 - **Vomiting**
 - **Bloating**
 - **Food Heaviness**
 - **Stomach Pain**
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MOST COMMON DIGESTIVE PROBLEMS



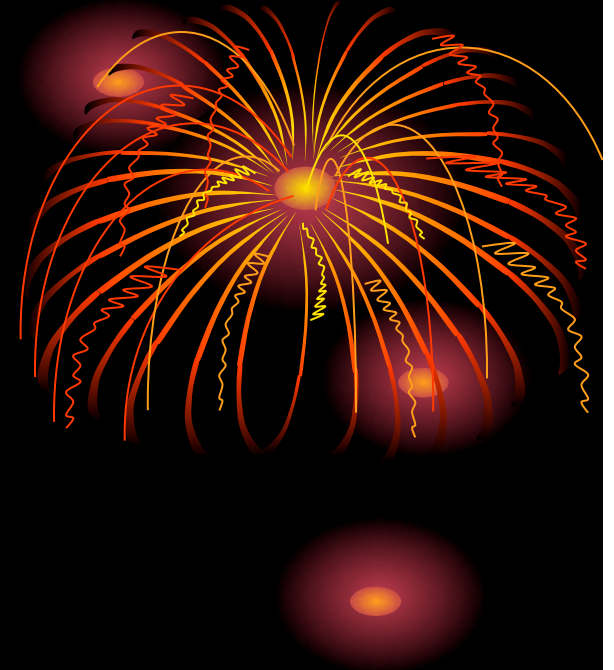
- **Lower:**
 - **Gas**
 - **Intestinal cramping**
 - **Urge to defecate**
 - **Diarrhea**
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GUT INFLUENCERS



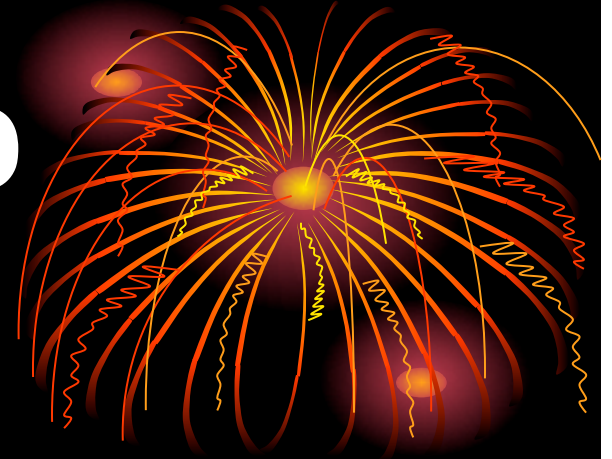
- **Food choices**
- **Rate of gastric emptying**
- **Eating Habits**
 - **Rate**
 - **Quantity**
 - **Timing of eating to exercise**

LIFESTYLE INFLUENCERS



- **Stress**
- **Anxiety**
- **Irregular schedule**
- **Effect of travel on food choices**
- **Busy lives**

SPORTS-RELATED ISSUES



- **Type of sport**
- **Trained vs untrained ²**
- **Environment/Temperature**
- **Age of athlete**
- **Gender of athlete**
- **Intensity of exercise³**

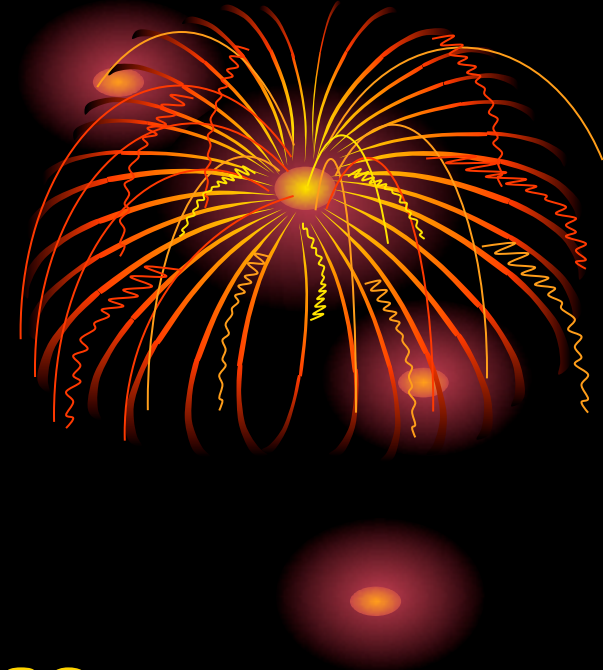
SPORTS NUTRITION ISSUES



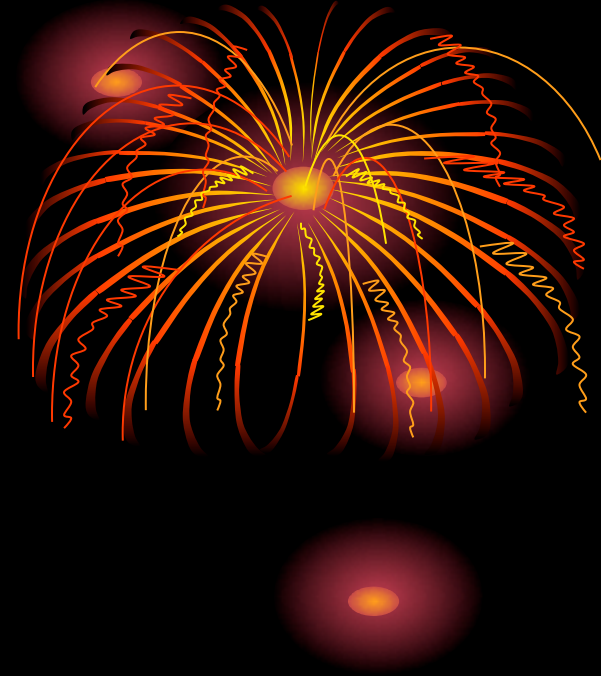
- **Dehydration⁴**
- **Hyponatremia⁵**
- **Pre-competition food choices⁶**
- **Solids vs liquids**

GI DISEASES/ DISORDERS

- **GERD**
- **IBS**
- **Inflammatory Bowel Disease**
- **Ulcers**
- **Celiac Disease**
- **Lactose Intolerance**



DIETS THAT CAN AFFECT THE GUT



- **High protein/high fat**
 - **Low carb products**
 - **Low fiber diet**
- **High carbohydrate**
 - **Too much fiber depending upon food choices**
- **Fad diets**
 - **Cabbage soup**
 - **Food combining**
 - **Raw foods diet**