



WHEN THINGS GO WRONG

<u>Problem</u>	<u>Cause</u>	<u>Solution</u>
Headache	Hypoglycemia, MSG Red wine, chocolate	Carbs, avoidance of specific foods causing problems
Vomiting	Too much fluids, Hyponatremia	Stop drinking H ₂ O, eat carbs with electrolytes (salt), vomit
Heartburn	Esophageal Reflux, Spicy foods	Eat earlier, less seasoned foods, don't bend over
Nausea	Too much fluids, Too much food (and late eating), Antibiotics	Wait to refuel, refuel with smaller portions more often, eat salt, ginger
Gas/Bloating	Beans, broccoli, sorbitol, Air ingestion	Food avoidance, stop to drink from H ₂ O bottle, burp
Gastric Distress/ Stomach Cramps	Dehydration, anti-inflammatories, excessive antacids, fiber, lactose, "impact" exercise	Drink electrolyte solution, ↓ size of last meal, avoidance of insoluble fiber, dairy, eat while walking uphill
Dehydration	Heat, excessive sweating, caffeine, alcohol	Drink electrolyte solution, slow down, eat salty foods
Fatigue	Hypoglycemic, low blood sugar	Ingest carbohydrates, therefore increasing liver glycogen. ↓ Galactose, fructose, glucose
Diarrhea (Osmotic Diarrhea)	Fructose, fruit, table sugar, dairy, fiber, antibiotics, sorbitol, decreased blood flow to GI	Stick with maltodextrins, replace lost fluids with salty solutions/foods, reduce intensity of exercise