

UCI Consensus on Nutrition for Cycling – Supplements, Technology and Special Environments

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In this talk, the inaugural Union Cycliste Internationale (UCI) consensus guidelines on nutritional supplements, nutritionally relevant technologies and nutrition for special environments will be presented. Cycling is a sport where supplements can have a specific role in supporting health and performance which can relate to the physiological demands of the sport in addition to practical aspects due to travel and environment. The evidence and guidance around the potential use of supplements within a cycling context will be presented, followed by a discussion of how technology may be able to assist athletes and practitioners with nutritional support. This will include evidence on methods that attempt to measure energy and substrate metabolism, body temperature and sweat losses. Finally the role of special environments such as heat, cold and altitude will be discussed. Evidence-based nutrition and fluid recommendations for optimizing cycling performance and fostering adaptation in these environments will be presented.