



The effect of nutrition on bodybuilding

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Seeds and kernels: Almonds, walnuts, sunflower seeds, chia seeds, and flax seeds

Beans and legumes: peas, lentils, white beans, black beans, and pinto beans

Oils: Olive oil, flaxseed oil, and avocado oil

Limitations on bodybuilding foods include:

While you should include a variety of foods in your diet, there are foods that you should limit,

including:

- ▶ Alcohol
- ▶ Added sugars
- ▶ Fried foods

In addition to limiting these, you may want to avoid certain foods that can cause indigestion and upset stomach during your workout, such as:

High-fat foods: high-fat meats, Korean foods, and heavy sauces or creams

Fiber-rich foods: Beans and cruciferous vegetables such as broccoli or cauliflower

Carbonated drinks: carbonated water or diet soda

▶ Bodybuilding Supplements ◀

Many bodybuilders use supplements, some of which are beneficial while others are not.

The best bodybuilding supplements include:

- ▶ Whey protein
- ▶ keratin
- ▶ Caffeine



▶ Conclusion ◀

Bodybuilding is evaluated based on muscle strength and weight loss instead of athletic performance.

Achieving the desired bodybuilding appearance requires regular exercise and pay attention to your diet.

Bodybuilding diets are usually divided into bulk and cut phases, during which your calorie intake changes while your nutrient ratio remains constant.

Your diet should include nutrient-rich foods, 20-30 grams of protein with each meal and snack. You should limit alcohol and fried or high sugar food.

You can ensure to get all the vital nutrients your body needs for muscle building and overall health.





Recommended nutrient ratio:
 of your calories through protein 30-35%
 55-60% of calories from carbohydrates
 of your calories are from fat 15-20

Nutrition in bodybuilding:
 Foods that you should eat and avoid.

Bodybuilding is different from Olympic weightlifting. A bodybuilder competes by appearance rather than physical strength. Thus, bodybuilders seek to create and maintain a balanced, lean, and muscular body.

One of the steps to losing as much fat as possible is concentrating while maintaining the muscle mass created during the bulking phase. This aim achieves through specific changes in diet and exercise for 12 to 26 weeks.

► **Benefits of bodybuilding** ◀

Resistance training increases muscle strength and size. Muscle strength is associated with a low risk of death from cancer, heart, and kidney disease, also several other viral diseases.

Aerobic exercise that bodybuilders do regularly to reduce body fat improves heart health.

Significantly reduces the risk of heart disease (the number one killer in the United States) or death in it.



Meat, poultry and fish, enamel steak, ground beef, pork fillet, herring, chicken breast, salmon, tilapia, and fish

Dairy products: yogurt, cottage cheese, low-fat milk, and cheese

Cereals: Bread, cereals, crackers, oatmeal, quinoa, popcorn, and rice

Fruits: oranges, apples, bananas, grapes, pears, peaches, watermelons, and berries

Starchy vegetables: potatoes, corn, green peas

Vegetables: Broccoli, spinach, leafy vegetable greens

Suitable foods for bodybuilding include: