



Nutrition in athletes

Nutrition in athletes

► Protein ◀

- ü It should make up 10 to 15% of your daily calories
- ü It is a myth that a high protein diet strengthens muscles.
- ü Protein can be used by the body for energy, but only after consuming carbohydrate stores.
- ü Only strength training can change muscle mass.

Excessive protein in the diet:

- It can increase the risk of dehydration
 - It can lead to calcium loss
 - It can put extra strain on the kidneys
- ü On average, an athlete needs 1.2 to 1.4 grams of protein per kilogram of body weight.
 - ü Instead of protein supplements, eat high-quality protein such as lean meats, fish, poultry, nuts, beans, eggs, or milk.
 - ü Milk also contains casein protein and whey. And be very useful for athletes.
- **Know when to eat and hydrate your body** ◀
 - ü Try to have a pre-game meal 2 to 4 hours before your event
 - ü, Avoid heavy and fatty foods. It is helpful not to eat one hour before a sporting event
 - ü It is important to keep the body hydrated. Drink a drink at least every 15 to 20 minutes. But, not so much that you feel full.
 - ü, Avoid caffeinated beverages.
 - ü Drink plenty of fluids with each meal, whether you exercise or not
 - ü, Drink even when you do not feel thirsty.



► Things to consider ◀

- ü A vegetarian diet provides all the nutrients your body needs
- ü This diet is rich in carbohydrates, low in fat, and rich in vitamins, minerals, and antioxidants.
 - ü Strict diet plans can hurt you
- ü Do not lose weight too much, do not lose weight too fast, or avoid gaining weight in unhealthy ways.
- ü Work with a professional nutritionist and do not try diets on your own.



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- ü If you exercise for more than 1 hour, you should eat carbs before exercising.
- ü If you exercise a lot, you should eat carbohydrates to be able to restore energy storage in your muscles.
- ü People exercising more than 90 minutes had better eat more carbs and protein 2 hours later.

As an athlete, your physical health is important for an active lifestyle. You depend on strength, skill, and endurance.

Your best activity requires time, exercise, and patience, you need to have enough calories, vitamins, and other nutrients to provide energy.

► **carbohydrates** ◀

- ü Carbohydrates are an athlete's main fuel.
 - ü If you exercise for less than 90 minutes, you will have enough muscle glycogen in your muscles, even at high-intensity activities.
- Simple carbohydrates are easier to break down in the body. They are more easily converted into energy. Complex carbohydrates are a better source of energy over time
- ü Carbohydrates provide 55 to 60% of your daily calories.



► **Fat** ◀

- ü Another important source is calories. In small amounts, fat is the main source of fuel. Do not replace carbohydrates in your diet with fats. Fats should not make up more than 30% of your daily calories.
- ü Choose unsaturated fats
- ü During long events such as marathons, when carbohydrate sources are low, your body tends to use fat energy.

ü Eat your last meal 3 to 4 hours before exercise

- ü Avoid sugary or starchy foods for 30 minutes after starting an activity