



THE IMPORTANCE OF SPORTS NUTRITION

Mahulkar S.S.

Director of Physical Education, Late Dattatraya pusadkar Arts college,
 Nandgaon peth Dist. Amravati (M.S) India
 Email: shrikantmahulkar@rediffmail.com

Abstract: A bodybuilder, there are not a professional athlete or just exercise to improve your health, sports nutrition plays an important role in optimizing the beneficial effects of yoga. Improved performance better decisions with your nutrition and hydration, and recovery can be prevented. Professional sports are your goals for nutrition and health support services category. Daily food diary can range from, a comprehensive training and nutrition and food plan competition.

Keywords: Sports, Nutrition

Introduction:

Everyone is important to eat or drink, consuming the right balance. But they actively participate in sport on a regular basis, it is necessary to be aware of their performance may also be affected. Player, for example, the average person has more calories than necessary. So if you have only one decision to the athlete, or start exercising regularly, you should not fall down on your list of priorities, a good nutrition plan.

Sports performance and energy

Fat, protein and carbohydrates provide your body with the fuel to maintain the energy. Carbohydrates are the primary fuel used by working muscles. Adequate intake is necessary to prevent muscle fatigue. While you should monitor your fat intake, you should simply remove it from your diet. Fat provides essential fatty acids that can be used as an energy source - tikan more than an hour of your time exercise session, especially if. Fat also provides building blocks for hormones and cell wall formation. The protein can be used as an energy source and building new muscle tissue is critical. If you are taking part in the resistance training, your body needs extra protein.

Weight Management

Maintain a healthy weight, eating well is important. If you are strictly looking to reduce the amount of your protein, weight, performance, can not be the only one to have a negative impact on the performance

of your fat or calories, but can severely harm your body. Optimum Sports Nutrition, including the type of food that you include in your diet:

- Vegetable
- Akkhe seeds
- Fruit
- Lean protein and low-fat dairy sources
- Healthy fats.

To be

It is important to stay hydrated when you are taking part in the game. Inadequate fluid intake leads to dehydration. Affect your performance; And can be very dangerous to your health. It is more prevalent due to the continuous dehydration can happen when any activity, exercise, hot and humid weather conditions. The water is suitable for rehydration, but if you are involved in more than one hour of yoga, it is useful to sports drinks containing electrolytes can be.

After The Event

Although things have not gone into your game plan, or after you had to walk the last half-mile run for your fatigue, you should not ignore your nutritional needs. It should be a priority no matter what the result is. Players, casual runners, footballers, and so especially to the program, or even taking part in the training, then do not use enough liquid. The program is crucial to restore balance then. Water is a perfect rehydration.

How can business help sports nutrition

The purpose sports nutritionist or dietitian is a nutrition plan to build the training needs of the individual. Plan will include both food and be. If you are training exercise accident or professional program does not matter, is integral to the performance of sports nutrition. These policies can also help:

- Increase energy levels
- Promotes good health
- Help manage weight
- Concentration
- Developed body design and development
- Enhance recovery.

To create the best nutrition policy, sports nutrition business day habits, and dietary supplements not only training, but a person will be required to assess their lifestyle, and if you are taking any medications a day. A nutrition professional and you also able to analyze your long and short term goals will not support.

If you are looking to improve your training at your diet plan, you can use our advanced search tool to find help in your area for professional sports nutrition.

- Nutrients
- Carbohydrates

Formal or complicated, and simple sugars - carbohydrates that two types. Simple sugar carbohydrates, found in pure products and provide a sweet taste. There are simple sugar found naturally in milk and milk products, fruits and vegetables. They can also be added to foods using white sugar, brown sugar, honey, molasses and maple syrup, etc., which we all sugar in the same way food used by the body (whether or not they are naturally occur or added) that, naturally, as this substance fiber and important nutrients into the foods is good to get your simple sugars.

Complex carbohydrates, also known as starch, including the bread, pasta and rice grains. As well as simple sugars, complex carbohydrates, there are some that are better than others. Grains such as white rice and white flour, refined the process are less favorable as nutrients and fiber are removed.

Instead, nutritionists, where possible, individuals still have vitamins, minerals and fiber packed full, which unrefined grains, it is recommended to make a choice.

Energy is an essential component of any diet as it helps the body absorb fat, as well as being a great source of nutrients.

Fat is important, but we should still try to monitor how much we are eating. Large quantities can cause weight gain and may lead to an increased risk.

Conclusion:

It is obvious that dietary intake and nutritional status are major determinants of physical performance. Strenuous physical activity as in sports training may increase the requirements for both macro- and micronutrients. Micronutrients act as key regulators of metabolism and may have a significant impact on physical performance. Micronutrient requirements may increase due to infections, loss of nutrients, increased turnover, biochemical adaptations associated with intensive physical training, increased concentration of mitochondrial enzymes that require these nutrients as cofactor, and increased need for tissue maintenance and repair. Under these circumstances there may be a need for increased dietary intake of micronutrients.

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