



Balance Diet and its importance

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Abstract

The importance of sports diet advice has been increasingly recognized, including day-to-day dietary advice and specific advice before, during and after training and/or competition. Athletes use a variety of schemes to improve performance, carbohydrate intake during exercise maintains high levels of carbohydrate oxidation, the right food types to keep the body well hydrated and functioning at a good level, Provides energy, nutrients and fluids. Sports nutrition is a priority for each athlete and is planned according to individual goals. A sports nutrition regimen that can vary from day to day depending on specific energy demands prevents hypoglycemia, and has a positive effect on the central nervous system. Athletes training focused on carbohydrate availability, athletes must maintain adequate amounts of water in their bodies, vitamins B complex, C, D and E are important for athletes. Vitamin C is important for collagen synthesis, vitamin D helps build strong bones and vitamin E prevents muscle breakdown (Webster & Lim, n.d.).

Keywords:Sports Nutrition, Balance diet, Athlete, Carbohydrates.

Introduction

A balanced diet contains all the nutrients that are necessary for keeping our body healthy. It contains proteins, carbohydrates, fats, vitamins, iron, calories etc. A balanced diet is also different for each person according to his needs. Children, adults, pregnant women, athletes, etc. have different dietary needs. Since athletes are more physically active, they must consume more calories in their diet(Fitriani et al., 2016). If you are an athlete then your diet should be like this...

Calories

There are different calorie parameters for both men and women. Since athletes exercise regularly for a longer period of time, they require more calories to increase energy levels in the

body. According to the USDA Calorie Guide Line, a female athlete aged 26 to 50 should consume 2200 to 2400 calories a day and a male athlete 2800 to 3,000 calories a day. Carbohydrate, fat and protein sources should be used to add extra calories. About 4 calories are found in one gram of protein, 9 calories in one gram of fat and 4 calories in 1 gram of carbohydrate (Albanes, 1987).

Carbohydrate:

The most important macronutrient in any athlete's diet, carbohydrates act as the main energy source for any physical activity. Generally speaking, carbs should be 55% to 70% of the energy source for an athlete. This is due to the fact that carbohydrates are the main source of glucose. Glucose is converted by the body into glycogen and stored in the liver and muscle tissues. Stored glycogen is then used as energy to fuel athletes during physical activities (Cui, 2005).

Protein:

Protein is a critical part of a training diet and plays a key role in post-exercise muscle recovery and repair. Generally, strength and endurance athletes should aim for 1.5 – 2 g of protein per kilogram of body weight per day, which is rather easy to achieve. This is because protein needs are often already met by following a high and varied carbohydrate diet, as many carb sources also contain a good amount of protein (Cedervall, 2002).

Fat:

Carbohydrates and protein are arguably the most important macronutrients in the diet of an athlete. But what role do fats play? Contrary to old beliefs and misconceptions, fats actually play a crucial role in a diet. Hormonal production, Joint structure and cell membranes are all dependent on fats. Moreover, many vitamins are fat-soluble, which means they need fat to be fully absorbed in the body.

The optimal fat intake is generally around 10% of total daily calorie intake. The most important factor to consider is the type of fat that is consumed (Hariri & Thibault, n.d.).

Mineral:

It should be 50% of the total food intake. building strong bones and teeth controlling body fluids inside and outside cells turning the food you eat into energy (*Algal Nutrition: Mineral Nutrition.*, n.d.).

Vitamins:

The requirement of vitamins depends on your composition. Vitamins are essential for 55% of the total food intake. your body needs these vitamins to work properly, you don't need to eat foods containing them every day.

Two types of vitamins:- Fat soluble and Water soluble

Fat-soluble vitamins (vitamin A, D, E and K)

Water-soluble vitamins (vitamin C, the B vitamins and folic acid)(*The Stability of Vitamins during Food Processing.*, n.d.).

Zinc:

Zinc is essential to keeping the immune system strong. For athletes, this is especially important, being sidelined with a viral infection, or other illness, can force one to miss valuable workout time(*The Stability of Vitamins during Food Processing.*, n.d.).

Objectives:

1. Stay Hydrated.
2. Provided fuel for muscles.
3. Promote optimal recovery during and after exercise.
4. Prevention of sports injury.
5. Improve energy level.
6. Decreased muscles tiredness and soreness.

Conclusion:

The conclusion of the overall study is that a balanced diet provides strength to muscles and allows for optimal recovery during and after exercise. Sports injuries can be avoided by a balanced diet and it makes us physically, mentally strong, so it is necessary to have a balanced diet in sports.

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