

Sports diet

Peak performance requires commitment to training and a number of other aspects. Our diet - what we eat and drink - is one of the areas which can influence sports performance. Sports nutrition is the what, when and how much of food and fluids we should consume.

The keys to good nutrition are *balance, variety and moderation*. To stay healthy, your body needs the right balance of carbohydrates, fats, and protein --the three main components of nutrition.

You also need vitamins, minerals and other substances from many different foods, and while some foods are better than others, no single food or food group has it all--so eating a variety of different foods is essential.

Moderation means eating neither too much nor too little of any food or nutrient. Too much food can result in excess weight and even too much of certain nutrients, while eating too little can lead to numerous nutrient deficiencies and low body mass.

Carbohydrates:

Carbohydrates: the basic building block of a carbohydrate is a sugar molecule, a simple union of carbon, hydrogen, and oxygen. Carbohydrates come from a wide range of foods – bread, beans, milk, potatoes, cookies, spaghetti, corn...they also come in a variety of forms- the most common are: sugars, fibres, and starches.

Fats:

Saturated fats raise blood cholesterol. Unsaturated fats don't.

The source of saturated fats are:

Foods from animals — These include beef, beef fat, veal, lamb, pork, lard, poultry fat, butter, cream, milk, cheeses and other dairy products made from whole milk.

Foods from plants — These include coconut oil, palm oil and palm kernel oil (often called tropical oils), and cocoa butter.

Unsaturated fats. They're found primarily in oils from plants.

Polyunsaturated fats — These include sesame and sunflower seeds, corn and soybeans, many nuts and seeds, and their oils.

Monounsaturated fats — These include canola, olive and peanut oils, and avocados.

Proteins and amino acids

Proteins are large organic compounds made of amino acids.

Low density lipoproteins /LDL/ - carry cholesterol from the liver to cells of the body. Sometimes referred to as the "bad cholesterol" lipoprotein.

High density lipoproteins /HDL/ - collects cholesterol from the body's tissues, and brings it back to the liver. Sometimes referred to as the "good cholesterol" lipoprotein

FLUIDS

Why do athletes avoid drinking water during a competition?

Because they will lose their power immediately.

Why?

Because water disturbs the balance of solutions in the body. The increasing quantity of molecules of water stick to their own bio-active molecules in the body, therefore, their diameters are increasing.

Proper nutrition is expressed by the **food pyramid**:



