

## SPORTS DIET, LIFESTYLE

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.

Important components of nutrition are as follows:

### **CARBOHYDRATES, FATS, PROTEIN & AMINO ACIDS, FLUIDS**

#### **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. Carbohydrates were once grouped into two main categories: simple carbohydrates included sugars such as fruit sugars (fructose), corn or grape sugar (dextrose or glucose) and table sugar (sucrose). Simple sugars were considered bad and complex carbohydrates good. The picture is much more complicated than that. The digestive system handles all carbohydrates in much the same way – it breaks them down. Fibre is an exception, it can't be broken down and passes through the body undigested.

#### **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.

#### **What does that mean?**

In order to do their action, those molecules should penetrate through tiny membrane holes of the cells. But due to the increased size not all of the molecules could physically fit into those holes. The result: the body has necessary chemicals, but not all of them work and the athletes lose their power

#### **What should be done?**

Before and specially during competition the athletes need to drink high structured products, which do not increase the diameter of their own molecules

TASK: can you add other components of a proper nutrition?

What is a food pyramide?

What do you know about dietary supplements and energy drinks?

## READING

### **Running and calories**

Running or swift walking uses the major muscle groups, making it the most efficient form of cardiovascular exercise. It has been shown to have a positive effect on blood fats by reducing cholesterol levels. It also lowers blood pressure and helps diabetics by improving glucose tolerance and reducing insulin resistance. Running is a very efficient way to burn calories. Converting your weight into pounds /1 pound=454 grams/ and then multiplying the result by 75 percent will give you the amount you burn per mile. The average is about 500 calories for every three miles. If you did this three times a week, you would lose a half pound a week, two pounds a month of 24 pounds a year. This all-round form of exercise is used in the treatment of mental illness and depression, because it is thought to raise levels of the mood enhancer /hormone that makes you feel happier/, serotonin.

Answer these questions:

1. For what three conditions might doctors recommend running as a form of exercise?
2. How far on average does someone have to run to use up 500 calories?
3. In what way does this vary from person to person?

4. What mental health problem is also improved by running?
5. Why does running help with this problem?

#### EXERCISE:

Suggest opposites for the underlined words:

To lower serotonin levels

A mood depressant

Gentle walking

Gain 2 pounds a week

#### SPORTS AND FITNESS METAPHORS:

I **scored an own goal** when I told my boss it had only taken me a day to write the report.

My boss always seems to be **moving the goalposts**, which makes it very difficult to know what he wants.

The new EU laws aim to provide a **level playing field** for all member states.

Politicians often **skate around** a subject.

The students all **sailed through** their exams.

Which of these phrases mean: don't talk directly about , fair situation, pass very easily, change the rules, make things worse rather than better?

What sports do these metaphors come from?

Give your own ideas and advice relating to diet and fitness. You can draw on your studies as well as personal experience.