

Nutrition for sports person.

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Commentary

Nutrition can help improve athletic performance. A functioning way of life and exercise schedule, alongside eating great, is the most ideal approach to remain healthy. Having good diet can help give the energy you need to accomplish a race, or simply enjoy game or activity. You are bound to be worn out and perform ineffectively during sports when you don't get enough: calories, carbohydrates, fluids, iron, nutrients, and different minerals, protein.

Recommendations

People tend to overestimate the amount of calories they burn per workout, so it is important to avoid eating more energy than you exercise. For an athlete, the optimal eating regimen is not entirely different from the diet recommended for any other healthy person. Nonetheless, the measurement of each food group you need will depend on: A type of sport or activity; a planning measure. To assist you with performing, try not to practice on a vacant stomach. Everybody is extraordinary, so one should learn: Time span before exercising is best for you to eat; what quantity of food is the right amount for an individual.

Carbohydrates

Carbohydrates are required to provide energy during exercise. They are mainly stored in the muscles and liver.

- Complex carbohydrates can be taken from foods such as pasta, bagels, whole grain breads, and rice. They provide energy, fiber, vitamins, and minerals and are very low in fat content.
- Most important is total amount of carbohydrates you eat each day. More than 50% calories should come from carbohydrates.

It is advised to take carbohydrates content before exercise if a person will be exercising for more than an hour. Person can have a glass of fruit juice, a cup (245 grams) of yogurt, or an English muffin with jelly. One must limit the amount of fat in the hour before an athletic event. One can have carbohydrates requirement during exercise if he/she doing will be doing exercise for more than an hour of intense aerobic exercise. In that time one can consume Five to 10 ounces (150 to 300 milliliters) of a sports drink every 15 to 20 minutes; Two to three handfuls of pretzels; One-half to two-thirds cup (40 to 55 grams) of low-fat granola.

After exercise, carbohydrates are required in order to rebuild the stores of energy in muscles if you are working out heavily. Individuals who had exercised or trained for more than 90 minutes should eat or drink more carbohydrates, possibly with protein, after 2 hours such as sports bar, trail mix with nuts, or yogurt and granola. If workouts lasted less than 60 minute, water is most often all that is needed.

Protein

Protein is important component of diet for muscle growth and to repairing body tissues. It can also be used by the body for energy, but only after carbohydrate have been used up. More protein content in the diet leads to increased chances of dehydration; loss of calcium; puts an added burden on kidneys, will be stored as increased body fat. Hence, Amino acid supplements and eating a lot of protein are not recommended.

Water and Other Fluids

Water is the most important, yet unnoticed nutrient for Sports person. It is essential to keep the body hydrated and maintain right temperature, as body loses several liters of sweat in an hour of vigorous exercise. One must drink plenty of fluids with every meal, whether or not you will be exercising. We should drink even when we are no longer thirsty. It is good to drink 2 cups of water 2 hours before a workout. Continue to sip water during and after exercise, about 1/2 to 1 cup in every 15 to 20 minutes.

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