

The effects of proteins shakes on athletes

Law



The Effects of Proteins Shakes on Athletes The Effects of Proteins Shakes on Athletes Many deliberations have been spread through various media including electronic and print regarding effects of consumption of high-protein diet. One of the most critical concerns has been the damage of kidney caused by this excessive consumption. Nevertheless, nutritionists have pointed out that in some cases, protein supplements in reasonable doses could be useful in several health issues. One of these benefits is increase in metabolism (Bartlett, et al., 2012). Studies have documented that teens who consume protein supplements during breakfast have increased metabolic rate and that this helps in reducing incidences of metabolic related diseases like diabetes. In addition, it is documented that such supplements helps in increasing health of muscle tissue. In this regard, it is apparent that athletes who frequently exhaust themselves during their athletic activities can highly benefit from consumption of protein powder (Bean, 2009). This comes in form of expediting muscular recovery, which in the end helps in reducing instances of overtraining syndromes. Nevertheless, there has not been substantial evidence from researchers on the claim that protein supplement could aid or enhance athlete performance. The only advantage attached to it is the fact that athletes are able to relax and recover from muscle strain rather more quickly than usual. On the same note, Busconi & Schepsis (2006) indicated that taking proteins immediately after training helps in retention of amino acids and promotes protein balance in the body. In addition, it has also been contended that these supplements are just like the balanced diet and that they do not contain any special added value. Nevertheless, it has also been noted that the best part of athletes taking proteins immediately after training comes when they take <https://assignbuster.com/the-effects-of-proteins-shakes-on-athletes/>

proteins combined with carbohydrates. This argument is backed with the idea that carbohydrates stimulate insulin, which then stimulates muscles to take up the amino acids (Dunn, 2013). In another dimension, at least for the last 20 years, studies have been conducted in order to elucidate the effect of protein supplements on athletes during training and at recovery. In light of this, it has been found out that athletes who undergo strenuous and heavy training require extra protein in order to take place for the small portion of proportion of energy lost during training and to aid in repair and recovery process after such training sessions (Dunn, 2013). In addition, for athletes such as weight lifters and boxers may require adequate proteins required to build muscles. In this regard, it is apparent that athletes who use more energy and require building muscle require more protein than those who are generally active. In another dimension, there has been little study indicating that athletes require excess or protein supplements in order to remain active. The only findings that justify excessive consumption of protein relates to the fact that athletes do not have more side effects or dangers of consuming excessive or protein supplements as opposed to a sedentary individual because they have an added advantage of increased energy requirements (Bean, 2009). Conversely, no study on low intake of proteins by athletes has elucidated on long-term side effects. In a different dimension, some studies have indicated that high intake levels of protein by athletes could as well have long-term side effects related to increased amount of calcium excreted in the urine. This has been known to cause weakened bones. From the angle of economic point of view, excessive consumption of proteins can be expensive especially when protein supplements are taken into account (Bean, 2009). Some studies have also

<https://assignbuster.com/the-effects-of-proteins-shakes-on-athletes/>

pointed out that excessive intakes of protein from animal foods such as meat can lead to greater intake of fat, which may result into other complications in the body. Although this falls under a different view of how excessive intakes of proteins affect athletes, some athletes concentrate on consuming excessive proteins and forget other diets such as fruits and carbohydrates, which are equally important in ensuring that individuals remain healthy. With many deliberations being put across on the excessive and supplement intakes of proteins, it is apparent that athletes require more proteins in order to recover from strenuous training exercises. Nevertheless, it is crucial for them to have nutritionists' advice in order to ensure that they take the required amounts to avoid complications associated with low or high intakes of proteins. It is also crucial for athletes to have a balanced diet that contains all classes of foods. Although no research has indicated negative effects of protein supplements, it is important for athletes to seek for nutritionists' advice before taking them. References: Bartlett, R., et al. (2012).

Encyclopedia of International Sports Studies. New York: Routledge. Bean, A. (2009). The complete guide to sports nutrition. London: A. & C. Black.

Busconi, B., & Schepsis, A. (2006). Sports medicine. New York: Philadelphia, Pa.: Lippincott Williams & Wilkins. Dunn, C. (2013). Nutrition decisions: eat smart, move more. Burlington, MA: Jones & Bartlett Learning.