

# Athlete's diet



**ASSIGN  
BUSTER**

I think that this topic is many important, not only for the athletes, also for all of us because we are the second country with obesity nowadays. So what I think about the diets in general, is that they are goods because with all of those meals we have to eat we will be healthier and with the right weight according to our organism. Many teenagers specially the girls make diets only for lose weight but they do not go with a nutriologist and of course they don't know how to make a balance diet, so they think that with only eat vegetables they will lose weight but also it can give them many complications in their organism, they can get anemia.

Also I think that is to good for the athletes to make diets because of the type of effort they do, so I am going to talk about many types of diets for the athletes. Here we have the ranges of what a athletes diet have to contain.

The ranges given below are for a meal plan for athletes aged 55 to 75 pounds. The daily protein intake is based on 1.5 grams of protein per kilogram of body weight. Rations of cereals, tubers, fruits and vegetables may vary depending on the intensity and duration of training sessions.

It is advisable to eat rations suggest energy and carbohydrate diets vary according to each person's appetite. It is advisable to keep a weekly record weight to control energy needs. The diet should be high in: Complex Carbohydrates: 55-60% of energy needs should come from carbohydrate foods, as it then transformed into glucose, which is the preferred energy source for working muscles. These foods are bread, rice, pasta, breakfast cereals, fruits and tubers. You can drink additional servings of carbohydrates a few days before competition, to saturate the liver and muscle glycogen (the form is stored as glucose).

Fluids: Keep the body well hydrated during and after training and competition. Be careful with the consumption of beverages containing caffeine. The diet should be low in: Fats: Avoid foods high in fat. Eating a small amount of fat is necessary for good health, especially for the absorption of fat soluble vitamins. Fat is not a good source of energy for muscular work, so you should eat foods low in fat and avoid the use of added fat such as butter, margarine, cream and mayonnaise.

The diet should be moderate in: Proteins: endurance athletes need to increase their servings of protein to ensure proper muscle recovery after exercise. For this is not necessary to increase protein intake with protein supplements, just eat more food with protein. The recommended daily intake of one serving of protein per kilogram of body weight 5-8, where a serving is 30 grams of red meat, skinless poultry or fish, whole egg and 250 ml of skim milk. In conclusion, it's good to make diets but only if you go with a nutriologist. Only he is specialized with what kind of diet we have to make.