

## Importance of Balance Diet in Sports

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### Abstract

According to sports dietitians, water is essential in maintaining blood volume, regulating body temperature and allowing muscle contractions. Apart from water, hydrating drinks that are rich in electrolytes are recommended for athletes. Warming up is a must before engaging in sports. It prepares your body, mind, and heart for training or sports. Warming-up gradually raises your heart rate, warms your muscles and connective tissues, improves your mobility and promotes functionality of all your body's movements. It also allows entry of oxygen to your muscles, tendons, ligaments and flexible joints. If warming up is important, cooling down is also essential. After working out or training, you have to spend at least 10 minutes performing gentle exercises that will return your heart rate to a normal pace. By cooling down, you are allowing your body to remove excess wastes and allow the flow of oxygen and nutrients into your muscles. It is important that you maintain and develop flexibility in your body to prevent acquiring injuries. Poor flexibility is equivalent to short and tight muscles which cause muscle and tendon strains. Through stretching, you can improve or maintain your flexibility. After cooling down, make sure you spend time stretching. During a continuous training or a long play, remember to take a break so that your body and mind will have ample time to recover and gain energy. If you will not take a rest between sets or periods, your mind will keep on pushing your body to work which will lead to injuries. Sleep plays a vital part in your recovery which is vital in your overall training program and optimal performance. Sleep can make you stronger and will prevent you from fatigue, poor judgment, and certain injuries. Diet and proper nutrition are important for athletes. A good nutrition plan is the foundation of an effective fitness program. It is necessary that you see your sports therapist very often so that they can check your health.

**Keywords:** diet, Nutritional disorders, Obesity

### Introduction:

Indeed, nutrition affects almost every process in

the body involved in energy production and recovery from exercise. To understand and apply the principles of sport nutrition, some basic understanding of nutrition is necessary. This includes the knowledge of biochemical and physiological processes that occur in different cells and tissues as well as how these processes are integrated throughout the body.

### Micronutrients:

The micronutrients vitamins and minerals also have an important role in the health of athletes. They are essential players in energy production, hemoglobin synthesis, bone health, immune function,

and antioxidant activity. More than half of participants (64.1%) correctly answered the statement "vitamins are good sources of energy" as false. In the previous studies, the rate of people having the correct knowledge on this matter was quite low.

### Why Is a Balanced Diet Important?

A balanced diet helps maintain good health and reduces the risks of developing chronic health conditions and diseases.

- **Carbohydrates** provide energy and should make up about 60 percent of your diet. If you are engaged in activity all day, then carbohydrate rich foods.
- **Vitamins A, B, C, D** are ones you should be looking at closely, although there are many more. Getting these from your diet, especially fruits and vegetables, is vital.
- **Minerals** help in releasing the energy from the food we eat to promote organ health.

Essential ones are iron, calcium, iodine, potassium, and sodium.

- **Unsaturated fats** are the good fats that the body needs to keep healthy. They help the body to regulate temperature and ensure it absorbs vitamins from the food.
- **Protein** is one of the most necessary components, it forms the building blocks of the body. Protein helps with building the health of the muscles, skin and hair.
- **Fiber** not only helps you to feel full after a small helping, but it also aids with digestion. In addition, fiber helps maintain cholesterol level
- **Water** is one of the most important blocks and it is necessary to list it since we forget it most of the time! No other drink – fizzy sodas, coffee, tea or juice – can provide the same wellness as water. Apart from hydrating the body, it helps keep everything together. Eight glasses at the very least are needed.

**FOOD:**

Food that is easily digested and absorbed by the body should be preferred soon after the training. This includes fruit, bread, cereal, skimmed milk, yogurt, juice, and sports drinks which are richer than carbohydrates and include low fat. On the other hand, some other foods including coke, chocolate, biscuits, chips, and lait crèmeux should not be consumed as they are flatulent and remain in the stomach for a long time..

Timing of food consumption based on the time of a competition or exercise event is important. The ability to perform and recover from exercise can be positively or negatively affected by dietary intake before, during, and after the event. The pre-event meal should be low in fat, fiber, and caffeine; moderate in protein; and high in complex carbohydrates and fluid. Meals are best consumed at least 3-4 hours before the competition to minimize gastric distress, nausea, vomiting, cramps, and sluggishness.

**Nutritional disorders :**

Nutritional disorders Anorexia and bulimia  
The high incidence of nutritional disorders, menstrual

dysfunctions and use of inadequate weight control practices reported by young athletes suggests that many of them do not meet their daily energy and diet requirements. The practice of sports such as gymnastics, ballet, figure skating, body-building and wrestling were identified as a stimulus for borderline energy intake, aimed at keeping body weight low, and compatible with the criterion for body image related to these activities...

**Physical activity:**

There are multiple interactions between physical activity and obesity. Physical activity reduces the risk for obesity by acting on energy balance regulation; influences body weight distribution, conserving or maintaining lean mass, in addition to its effects on weight loss.

**Suggestions:**

Energy is an important fuel to the body to carry out daily exercise and activities. It is obtained from food with nutrients. The food consumed every day must contain carbohydrates, proteins, fats, vitamins, minerals and water. Besides that, daily food consumption should be in accordance with the daily energy required. In order to have the students in the Sport Science Faculty to meet their daily energy needs, they need to have nutrition knowledge. Good nutrition knowledge leads to healthy eating behavior, but it does not affect nutritional status. Lack of knowledge, in contrast, will cause the inadequacy of nutritional intake. As a result, there will be an imbalance between macro and micronutrients intake, as well as liquid consumption. Low intake of iron will result in anemia. Many young female athletes are found to have a lack of nutrition knowledge, low eating behavior, low confidence in their physical appearance and poor performance. Nutrition knowledge is related to fat mass reduction and better performance of an athlete. On average, athletes have got low knowledge of nutrition; the educational background and income level affect the level of knowledge. Good nutrition knowledge especially in female athletes has a positive impact on the quality of food intake. Individuals who have knowledge on the importance of an adequate and balanced diet and reflect this knowledge to their behaviors are considered to be more successful in sports life. The

present study aims to evaluate the nutrition knowledge of students receiving sports education in universities.

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