Journal of Novel Physiotherapies

Commentary | **Open Access**

Sports Nutrition for all Age Group Individuals

Chandaka Saranya*

Raghu College of Pharmacy, Visakhapatnam, Andhra Pradesh, India

Introduction

Everyone requires proper nutrition, but nutritional requirements differ. The application of dietary concepts to improve athletic performance is known as sports nutrition. Athletes from various sports can eat a well-balanced, nutritious diet that includes a variety of foods. The more exercise a person engages in on a daily basis, the more calories they must consume. The nutrients that the average athlete can ingest, as well as when and when to eat before, during, and after competition, are all discussed below. The article explores how nutrition can boost athletic performance and provides details on the nutrients that the average athlete can consume, as well as when and when to eat before, during, and after competition to produce the best results.

Before Competition

Pre-competition meals are relevant and applicable to any activity, competition, or major exercise that will be undertaken. The most significant considerations are the meal's timing and composition. Breakfast is the most important meal of the day! A substantial breakfast of skim milk, whole grains, eggs, orange juice, and toast is recommended. Skipping breakfast can result in dangerously low blood sugar, which is similar to fasting. Leave enough time (about two hours) after consuming a pre-competition meal so that the stomach is reasonably empty at the start of the competition. This gives the body enough time to digest the food and consume the nutrients it needs.

Meal plans for athletes of all ages and abilities:

- Morning events: The meal should be equivalent to a hearty breakfast.

- Early to mid-afternoon events: Pre-competition breakfast and lunch should be more substantial. A sandwich with lean meat (amount close to the size of your palm, around 7g of protein), a slice of cheese (7g of protein), and desired vegetables may be a decent pre-competition lunch or dinner (lettuce, tomato, onion, etc., about 2.6g of protein), Both served with a side of

fruit and vegetables (about 2.6g of protein per serving) and water on whole-grain bread (3.6g of protein per slice).

- Late afternoon events: Breakfast, lunch, and a snack should all be substantial (fruits, bagels with peanut butter and jelly, fresh vegetables, or other easily digestible foods).

- Evening events: Breakfast and lunch should be substantial. The pre-competition meal will be dinner.

During Competition

It is not important to eat during most sports competitions. Water is the only item that should be consumed during a competition. Long-duration and/or high-intensity athletes will need to eat carbohydrates throughout competition.

After Competition

If no other competitions are scheduled for the same or following day, a regular, well-balanced diet will suffice. Before the next competition, the athlete will need to drink carbohydrate and fluids. Protein is also necessary to consume after a competition, particularly if the muscles have been placed under a lot of stress. Protein can be eaten in a number of ways, including a meal rich in protein-rich foods (preferred), milk, or chocolate milk, or supplements such as protein drinks, as long as you drink the recommended amount for your body size (only recommended if you cannot meet protein needs with a balanced meal).

***Corresponding author:** Chandaka Saranya, Raghu College of Pharmacy, Visakhapatnam, Andhra Pradesh, India, E-mail: saranyachandaka@gmail.com