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## Healthy diet and athlete

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#### Abstract

Edible or potable substance (usually of animal or plant origin), consisting of nourishing and nutritive components such as carbohydrates, fats, proteins, essential mineral and vitamins, which (when ingested and assimilated through digestion) sustains life, generates energy, and provides growth, maintenance, and health of the body. Food is an important part of life, and athletes should enjoy the foods that they eat, confident in the knowledge that they have made wise choices. Athletes are all different, and there is no single diet that meets the needs of all athletes at all times. Individual needs also change across the season and athletes must be flexible to accommodate this. Getting the right amount of energy to stay healthy and to perform well is the key. Athletes think about food only as fuel for the Muscles, while others are more preoccupied with the effects on body composition and fat mass. Major Determinants of Food Choice: Attitudes, Beliefs and Knowledge and Optimistic bias, Influence of Skills and Abilities on Food Choice, Individual Energy and Nutrient Need, Health Concerns, Biological Determinants of Food Choice, Economic and Physical Determinants of Food Choice, Social Determinants of Food Choice, Psychological Factors & Environmental Factors. Concluding from the above article we can conclude that at the most basic level, nutrition is important for athlete because it provide energy required to perform the activity. The food we eat impacts on our strength, training, performance and recovery. Not only is the type of food important for sports nutrition but the times we eat throughout the day also has An impact on our performance levels and our bodies' ability to recover after exercising.

**Keywords:** healthy diet

#### Introduction

Food is an important part of life, and athletes should enjoy the foods that they eat, confident in the knowledge that they have made wise choices. Diet affects performance, and the foods that we choose in training and competition will affect how well we train and compete. Athletes need to be aware of their nutritional goals and of how they can select an eating strategy to meet those goals. Diet may have its biggest impact on training, and a good diet will help support consistent intensive training while reducing the risk of illness or injury. Good food choices and a regular meal pattern can also promote adaptations in muscle and other tissues in response to the training stimulus. Athletes are all different, and there is no single diet that meets the needs of all athletes at all times. Individual needs also change across the season and athletes must be flexible to accommodate this. Getting the right amount of energy to stay healthy and to perform well is the key. Too much and body fat increases: too little and performance falls and illness results. Food choice is defined as; ‘the selection of foods for consumption, which results from the Competing, reinforcing and interacting influences of a variety of factors. These range from the sensory, physiological and psychological responses of individual consumers to the interactions between social, environmental and economic influences, and include the variety of foods available and the activities of the food industry to promote them’. Effects on body composition and fat mass.

#### Role of Healthy Diet

Healthy diet is important to maintain good health, to prevent chronic diseases, and to overall sense of wellbeing and vitality. Nutrition plays a crucial role in processes connected to bone formation and maintenance of bone mineral density. The amount of calcium in the body is subject to a dynamic balancing process, including calcium levels in food consumed, the ability of the intestines to absorb it, and its secretion levels through the urine. All these factors influence the biological availability of calcium for the benefit of bone formation and the

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prevention of bone loss. The process of bone formation reaches its peak during the first three decades of life. Diet rich in calcium during this period is highly important to achieve an optimal bone mass. Later in life, adequate dietary calcium supplementation is necessary for maintaining that optimal bone mass and for bone loss prevention. Milk and dairy are considered the most readily available source of calcium in the Western diet. The remaining calcium is usually derived from leafy vegetables, dried fruits, tahini and soy. Calcium from most plants is less absorbable in the human body than that from dairy products. In addition, a small portion of the daily calcium consumption comes from drinking water (tap and bottled). Most foods are poor in calcium; therefore it may be difficult to achieve the required amount of calcium on a daily basis, even with a good and balanced diet. Attention should be paid to the fact that some of the calcium-rich foods, such as raw tahini, almonds and sardines, are also rich in calories and fat, and therefore it is advised to limit their consumption. Calcium from diet is not fully absorbed by the body. Calcium-rich foods such as legumes, broccoli, spinach, leeks, parsley and green cabbage contain additional nutrients affecting intestinal acidity, and thus reducing calcium-absorption in the body. Calcium absorption rate ranges between 15%-70% of the amounts present in a particular food. Calcium absorption potential depends on the overall food ingredients, but is also influenced by various physiological and hormonal factors, such as age, vitamin D, stomach acidity and pregnancy. Therefore, calcium absorption potential and its biological availability are no-less significant factors than the original calcium content in food. Strong bones are vital to healthy life and life quality in advanced age. Therefore, it is essential to keep a diet rich in calcium early in life and if needed, to consume calcium supplements in order to achieve an optimal bone mass, which will be used as a bone reservoir later in life. An optimal bone condition has a direct influence on reducing the likelihood of bone fractures later in life.

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