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BASIC PRINCIPLES OF RATIONAL BALANCED DIET FOR ATHLETES

Human health is determined by the ratio of four factors, to which the status of a certain axiom has been delegated by the expert community of the World Health Organization (WHO). With regard to the conditions of our country, the following values are adopted: genetic factors – 15–20%; state of the environment – 20–25%; medical support – 10–15%; conditions people's lifestyle 50–55% [1].

Among top-level athletes, there is a slight shift in the indicated proportions, which is associated with targeted selection, including the use of genetic research modern technologies; a certain role is played by a higher organizational level of medical care for high-class athletes. The main thing is the lifestyle, or rather, its components such as the orientation and intensity of the training process, the features of the recovery period, as well as the nature and diet [2].

Improving and maintaining sports performance is possible only with a reasonable combination of an optimally organized training process and nutrition. Errors in any of the components are guaranteed problems. Irrational training is the risk of developing general and partial overvoltage syndromes, including the musculoskeletal system; inadequate nutrition is a direct road to overwork (as it is called in sports, "overtraining") [3].

The purpose of this work is to characterize practical nutritional recommendations for athletes and football players.

When playing football, the calorie intake should correspond to the actual energy expenditure during training sessions. The energy

consumption can be set using already portable metabolographs with two sensors. If it is possible to carry out indirect calorimetry (for example, in the absence of the necessary equipment in the "field" conditions), it is permissible to focus on the average values of energy losses – 1800 kcal per game or 4800 kcal / day (60–67 kcal per kilogram of body weight). Calorie deficiency is unacceptable.

Here are examples of foods high in carbohydrates and proteins, and their combination (50–75 and 15–25 g, respectively): 500–700 ml of skimmed chocolate milk; 1–2 sports bars (with information on the label about the content of carbohydrates and proteins); 1 large or 2 small grain bars and 200g yoghurt with fruit; 1 cup baked beans on 2 slices of toasted bread or baked potatoes; the bun with cheese or peanut butter and large banana; a bagel, thickly spread with peanut butter and 1–2 cups of skim milk; large (300g) baked potato and low fat cottage cheese and 1–2 cups of low fat milk; 2–3 slices of lean meat and vegetarian pizza; 2 cups of breakfast cereal with milk; 400 g of yoghurt with fruit; 500–750 ml of fruit cocktail or liquid food [4, 5].

Thus, taking into account the information above, a basic proportion of the main nutrients in the diet of football players looks like this: proteins – 15, fats – 20, carbohydrates – 65% of the total calorie content of the daily diet.

Keywords: food, energy consumption, sport, training.

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