



COMPOUNDS OF FOOD DETERMINATES POTENTIATE SPORTS PERFORMANCE

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Abstract

In order to increase muscle mass in accordance with the performance requirements and the nature of the effort involved in auditions it is necessary to know what should include nutrition during the period of preparation and competitive.

We must understand the role of the role of proteins, carbohydrates, lipids and vitamins and their dosage depending on the exercise performed.

Also, their origin is very important because decompose different metabolic cost unequal. With this knowledge, we can properly structure your training program and proper nutrition can have our somatic type.

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1. Introduction

Very important preparation is muscle growth and nutrition which must serve a dual purpose: to provide the necessary for muscle growth, but also to reduce the fat layer.

Every athlete needs a diet distinguished from those not engaged in physically demanding. This can help a lot, he can better structure your training program and may adopt an appropriate diet somatic type it holds. (Baldwin, Kenneth David Sutherland, George H. Fahey D. 2005)

2. The issues addressed

Present somatic types and the correlation function of these food compounds.

Longilin type, thin bones, muscles lengthen. Get hard muscle mass instead never get fat no matter what they eat and get easy definition, separation, vascularization.

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Type robust with wide back, broad shoulders, narrow waist, musculature that develops easily. Depending on the diet can easily gain weight or lose weight.

Endomorph type thick bones and joints, muscle and is readily capable of great efforts. Fattening and tends to escape very hard layer of fat that covers it, even if taken regimes cruel.

Supplementing the diet will be differentiated, depending on the difficulty of the effort involved in training.

3. Practical applications

Proteins are the most important muscle. They get into the body as amino acids, which are of two types: essential and nonessential. Essential amino acids are those that the body can not synthesize them alone and take them directly from the diet. Essential amino acids contribute to rebuilding muscle fiber. 60% of protein sources of animal origin and 40% vegetable. (Aunola 2000)

Casein protein compound is actually contained in the cheese. The combination of casein and whey benefit from both: casein digest slowly, which means there is a constant flow of blood amino acids, and speed and antioxidant effects and immune stimulating whey data. Milk contains the two, so skimmed milk is an important food for the accumulation of muscle mass. A study has shown the first time that whey and casein acts differently in the body, whey is absorbed much faster, making it preferably immediately after exercise (promotes more protein synthesis) and casein is absorbed more slowly, making it the preferred the rest of the day and especially at night before sleeping.

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Milk protein is quite cheap and has a very good amino acid profile, being slowly absorbed protein. The problem is that milk contains a sugar, lactose, which is not well digested by everyone. Another problem is and milk fat. Chicken or turkey is a good source of protein without the fat.

Pork, often too fat to be included in the special diet of anyone who wants to have a healthy diet. Beef is not so fat as pork, and also contains iron, which is crucial in oxygen transport and metabolism in general. (Baldwin, Kenneth David Sutherland, George H. Fahey D. 2005).



An egg into the item account average about 7 grams of protein, divided approximately equally between whites and yolk. The yolk contains fat, cholesterol, lecithin, vitamins, minerals, protein in the egg white and contains only water. Therefore white's egg is a good source of protein especially in diets, while whole eggs should be avoided in this case.

Protein needs depend on many factors: age, body weight, physical effort, various diseases and medical conditions. Infants and adolescents growing, have an increased need for protein.

Proteins are used to rebuild tissue after training, so only the excess protein intake will lead to long-term muscle growth, training is the stimulus that causes the formation of this additional muscle tissue we intend to develop it. (Aunola 2000)

It is known that protein anabolism is increased to 24-36 hours after exercise, so the body needs more protein to grow.

During periods of intense workout must increase protein consumption, and lighter periods it should be low to prevent certain negative effects of high protein consumption.

You should meet the following guidelines:

Proteins based on muscle growth. Both protein and calories are what determine whether you will be in an anabolic state or catabolic (cell destruction). Even if you eat more carbohydrates and fats, proteins without you will not get muscle growth.

Under intense workout you should eat at least two grams of protein per kilogram of body every day.

If you are ectomorph, you may need to increase protein intake to 3 grams per kg body weight per day.

Eat some protein at every meal, and try to secure over 30 grams of protein at each meal, to reach the total set. If the food fails to provide enough protein, you can call some protein concentrates, offer being varied. (Dragan 2002)

Protein should be of animal origin. That does not mean that you abandon the plant. Vegetables bring you important micronutrients, dietary fiber and other substances, and should not be neglected.

Carbs are broken down into glucose, a simple sugar that is transported throughout the body. Glucose may also be stored in the liver and in the muscle tissue as



glycogen. This form stored, is responsible for 99.5% of all energy from glycogen. An average 80 kg person, stores about 2,000 calories (500 grams) of carbohydrates in one of these forms.

It is metabolized very quickly, and are therefore the most direct source of energy. The speed of integration of glucose in the bloodstream causes the glycemic index. It is recommended for increased performance, a meal consisting of foods with moderate glycemic index. It is preferable that this mass to take place 30-60 minutes before training to prevent fatigue because muscle glycogen is the most important source of energy during exercise. (Dragan 2002)

The main sources of carbohydrates are sweets and cereals. Note that an increased consumption of grains reduce the risk of heart disease.

There are an efficient source of energy, that decompose with high consumption of water and oxygen, can also generate toxic compounds. They have a very important role in protein and carbohydrate absorption. 70% are of animal origin and 30% of vegetable oils. (McArdle W., Katch F., 2010)

Their importance in the diet is a recent discovery. The most important are vitamins C and E, because they are antioxidants (prevent oxygen radicals to kill cells). Vitamin E is found in nuts, olive, peanut, eggs. Vitamin C is found in strawberries, oranges, lemons, peppers, kiwi. Vitamin C reduces muscle breakdown and prevents cancer and heart disease. Vitamin B6 plays an important role in maintaining optimal health. (Dragan 2002).

Minerals provide muscle development and strengthens the immune system. The most important are chromium, zinc, iron and copper.

Conclusions

For potentiation of muscle growth, observe the following rules.

Eliminating simple carbohydrates, animal fat and alcohol.

Eliminate fried foods, cold cuts and pastries.

Eliminating fast food products (especially hamburgers, hotdogs, even hidden nuggets contain much fat).

Eating large amounts of plant life as rich in fiber.

High water consumption.



Daily meals must be small in number of 4-6.

You should never starve. The body reacts negatively to starvation, creating a hormonal environment conducive to deposition of fat and protein decomposition.

5. Proposals

Eating Plan must meet the following conditions:

To provide all macronutrients and micronutrients as needed.

Consuming a meal or a supplement every 3-4 hours, even if you follow to lose weight or muscle mass chicken (difference makes total calories). So taking 4-6 meals a day. And where possible. The idea is that if the body has always nutrients necessary, and no amount too small nor too big, he will not fat nor will descomune muscles for energy.

Drinking enough water.

Using a drink with Carbohydrates and protein after training by objectives.

Never skip breakfast, which should be rich in both protein and carbohydrates and vitamins, minerals etc.

Exclude as much as possible procesing foods, sugar and alcohol.

The regime must not be very strict, and hacks are allowed, but in moderation.

Before going to bed eat a light meal to ensure a constant flow and prolonged as amino acid in the blood (complex carbohydrates and casein or fish.)

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