

NUTRITION, METABOLISM AND EXERCISE

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Adequate nutrition is essential for maximum performance and for athletes in most sports the consumption of a mixed diet will ensure an adequate intake of all essential nutrients. For endurance events, dietary manipulation can be used to increase muscle glycogen reserves and performance may thereby be extended. Additional protein in the diet is not generally warranted except where a rapid build-up of body protein is required. Vitamins and minerals, with the possible exception of iron are generally adequate. Meals taken before heavy physical activity should be high in carbohydrate and readily digestible. Alcohol should be avoided. During long events sweat loss of water should be replaced and under some circumstances salt may also be required but excessive intake should be avoided.