



# Nutrición deportiva



## Las ventajas de una comida saludable.

- La alimentación juega un papel fundamental en el rendimiento de un futbolista profesional. Una dieta adecuada proporciona los nutrientes necesarios para **mejorar la resistencia, la fuerza muscular y la recuperación**, permitiendo un mejor desempeño en el campo de juego.
- Una dieta que incluya **carbohidratos, proteínas, grasas saludables, vitaminas y minerales**. Al hacerlo, estarán proporcionando a su cuerpo los nutrientes necesarios para optimizar su rendimiento, acelerar la recuperación y alcanzar sus metas deportivas.



## estructura de comidas regular y consistente

### Partido por la tarde



#### DESAYUNO

(2 horas y media o 3 antes de la comida)

1 pieza de fruta o  
1 zumo de frutas



Pan tostado  
con mermelada  
o miel

# Nutricia N Deportiva

**Xiaolong Qi**



## **Nutricia N Deportiva:**

Delve into the emotional tapestry woven by Emotional Journey with in Experience **Nutricia N Deportiva** . This ebook, available for download in a PDF format ( PDF Size: \*), is more than just words on a page; it's a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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