



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

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Léo Pomar

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