



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

Nancy Clark



Nutrición Deportiva:

LA GUÍA DE NUTRICIÓN DEPORTIVA DE Nancy Clark Nancy Clark, 2006-03-28 Aumente su energía y reduzca el estrés pierda grasa corporal desarrolle músculo y mejore su rendimiento con esta guía de nutrición deportiva traducida de la tercera edición en inglés revisada y ampliada y un éxito de ventas sin precedentes La guía de nutrición deportiva de Nancy Clark proporciona soluciones prácticas para comer y sentirse bien controlar el peso disponer de energía durante toda la jornada y disfrutar con la comida aunque se lleve un estilo de vida estresante y se disponga de poco tiempo para comer y preparar la comida Dirigida tanto al deportista de elite como a la persona que realiza actividad física de forma esporádica pero desea alimentarse correctamente El libro incluye más de 70 recetas de platos sabrosos y saludables fáciles y rápidos de preparar La nutricionista deportiva más conocida de EE UU indica cómo obtener el máximo beneficio de los alimentos que se eligen enseña a desarrollar una dieta sana y apropiada para conseguir un equilibrio entre el peso y la actividad sin vivir obsesionados por lo que se come y explica de manera clara y precisa qué comer antes de realizar actividad física y cómo alimentarse después para conseguir una recuperación óptima También presenta información actualizada sobre las comidas las bebidas y los suplementos para el deporte que existen en la actualidad y explica cuáles son mejores y por qué basándose en el gasto de energía de cada persona Asimismo el lector encontrará orientación sobre las dietas alternativas que están de moda como la dieta Zona la de Atkins la termogénica y la Ultra Slim Fast Nancy Clark es la directora de los servicios nutricionales de Sports Medicine Associates en Brookline Massachusetts una de las clínicas de lesiones deportivas más grandes de la zona de Boston EE UU Dietista colegiada especializada en nutrición para el deporte y práctica de ejercicio control de peso bienestar y enfoque nutricional de los trastornos alimentarios Asesora a todo tipo de personas desde deportistas esporádicos hasta atletas de competición Escribe sobre nutrición en las publicaciones New England Runner Adventure Cycling Rugby y Active.com Colabora regularmente con Shape y Runner's World Además es autora de La guía de nutrición para maratonianos de Nancy Clark también publicado por Paidotribo **Vucetich** Atilio Milanta, Vida y obra científica humanística de Vucetich

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