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## Importance of nutrition for development

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#### Abstract

Proper nutrition offers one of the most effective and least costly ways to decrease the burden of many diseases and their associated risk factors, including obesity. Nutrition research holds the key to increasing our understanding of the causes of obesity and related comorbidities and thus holds promise to markedly influence global health and economics

**Keywords:** Importance, nutrition, development, decrease, burden

#### Introduction

The role of nutrition in a person's development is of utmost importance to their lifelong health and wellbeing. Under nutrition may occur when certain important nutrients are not consumed in the correct quantities or are not absorbed properly to the needs of the body. In humans, an unhealthy diet can cause deficiency-related diseases such as blindness, anemia, scurvy, preterm birth, stillbirth and cretinism, or nutrient excess health-threatening conditions such as obesity and metabolic syndrome and such common chronic systemic diseases as cardiovascular disease, diabetes and osteoporosis. Under nutrition can lead to wasting in acute cases, and the stunting of marasmus in chronic cases of malnutrition.

#### Purpose of study

The purpose of this study is to review literature related to nutrition, importance of nutrition and its impact on sports performance and thereby come to a hypothetical conclusion that nutrition plays an important role in sports performance.

#### Methodology

Systematic literature search was conducted. Various literature was reviewed related to importance of sports nutrition on sports performance.

#### Results

During the past 20 years there have been great developments in the scientific understanding of the role of nutrition in health and physical performance. The formulation of nutritional guidelines for athletes, based on the physiological demands of athletic exercise, indicates that the ideal dietary pattern for athlete coincides in most respects with internationally recognized recommendations for a healthy diet. A review of the limited published information on dietary habits of athletes indicates that, in general, they do not select diets that promote either good health or optimal performance. (Brotherhood, 1984) [2]. Nutritional needs for peak athletic performance include sufficient calorie intake, adequate hydration, and attention to timing of meals. Students athletes and their advisors often are misinformed or have misconceptions about sports nutrition. Proper nutrition for young athletes is critical not only to their athletic success, but more importantly to their growth, development, and overall health. (Nancy Cotugna *et al* 2005). As per the Medicine position stand paper on Nutrition and athletic performance, nutrition can help enhance athletic performance. An active lifestyle and exercise routine, along with eating well, is the best way to stay healthy. Eating a good diet can help provide the energy to finish a race or just enjoy a casual sport or activity. One is more likely to be tired and perform poorly during sports when adequate nutrition is not taken- Calories, Carbohydrates, Fluids, Iron, vitamins, and other minerals, Protein the ideal diet for an athlete

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is not very different from the diet recommended for any healthy person. However, the amount of each food group will depend on the type of sport, the amount of training and the duration spent in doing the activity or exercise. (ADA, 2009). Athletes must maintain a proper diet in order to achieve maximum potential. Eating properly helps improve performance on field.

### **Fueling for Performance**

Nutrition is critical for both academic and sports performance. Students-athletes need to fuel early and often in order to meet their daily energy needs. Studies show that students who eat breakfast before school have better concentration, attention, spans and memory, three benefits that are significant for both sports and scholastic performance. Consuming food and fluid at regular intervals throughout the day has also been shown to impact total health, body composition, appetite satisfaction and well-being. The bottom line is when and how often the student-athlete eats impacts, how nutrients will be used, their health, body composition, athletic performance and recovery. Diet can have massive impact on athletic performance. Inadequate calories and nutrients can impair even the most conditioned athlete, while the right balance of energy and macronutrients will help every athlete perform the best.

The adolescent athlete is in unique situation. They must meet the nutritional requirement associated with undertaking daily training and competition while ensuring they have a diet that caters to the added demands of their growth and development. To ensure that the adolescent athlete fulfils his or her potential, eating patterns should consider the needs for sporting success with the nutritional considerations for healthy growth and development.

### **Conclusion**

The goal of every sports person is to do well in the competitions. They put in all efforts to do well and perform well in the competitions. One of the important reasons for lack of sports performance is the diet they have. Whatever workout or sport one chooses to engage in, there's one similar underlying aspect to each proper nutrition. Without understanding the basics the performance dwindles, constant fatigue contributing to no noticeable gains. Focusing on whole nourishing, food helps in improving performance. Most of the students will or may not have the idea of nutrition intake or the importance of nutrition for enhanced sports performance. Therefore it's very important for the athletes to be educated about nutrition and its intake and also have follow measures to make sure they follow proper diet for optimal performance.

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