

Sports Nutrition

Sports nutrition is the study and practice of nutrition and diet as it relates to athletic performance. It is concerned with the type and quantity of fluid and food taken by an athlete, and deals with nutrients such as vitamins, minerals, supplements and organic substances such as carbohydrates, proteins and fats. Although an important part of many sports training regimens, it is most commonly considered in strength sports (such as weight lifting and bodybuilding) and endurance sports (for example cycling, running, swimming).