



OUR HERITAGE (UGC Care Journal)

ISSN: 0474-9030 Vol-68, Special Issue-14

National Seminar on "The Importance of Sports, Physical Education and Psychology for Personality development At Present Scenario"

Sponsored by ICSSR

Held on (01 February 2020, Saturday)

Organized by: Department of Psychology, Sports and Physical Education
Shivaji College, Hingoli-431513 (Maharashtra)



Effects of Balanced Diet on the Development of the Players

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Abstract:

For every person in the field of sports and playing sportsman at home, there is an urgent need of food and world to comply with his physical needs. All activities related to running, jumping, hockey, football, swimming, cricket, athletic and others are involved in the sports genre. For this, the player's health will be good and he can perform fun, works, play, study, run etc. For that, it is necessary to eat. The need of Nutrition to increase physical fitness and efficiency.

Keywords- *players, Balanced diet, water, protein, fats & development.*

Preface Sports Nutrition

Generally, diet plays an important role in the child's development. Even though education can be developed by the students, the result of the wrong teaching method is that it will be on the children who want to win. These athletes need proper nutrition, when we drink the right amount of water and take a balanced diet, then our body is energy-intensive and intensive. The production can do better. Players' feet are not given the importance of physical development because they are also considered as normal children.

Players need more energy to play well and to be successful. For this, players need to pay attention to their diet. It is necessary to get the proper amount of nutritious food from the daily diet. If the child is getting a healthy and controlled diet from a childhood, its intellectual growth is properly, due to the lack of adequate food available to the majority of children in the rural areas, the result is due to their development.

The following essential neither development nor development Nutrients required are as follows:



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1) Water:

Water is an important component of the game Nutrition. Each person has 60 percent water of his body and water. Participate in every process of the body. Your body does not prepare water or store water, so we need to get this water we drinks out constantly through sweat and urine. That is why we need lots of water.

Everyone need at least 8 to 10 glass of waters for everyday. And sport person need more than others.

2. Carbohydrates:

Carbohydrates are an important component of carbohydrates. The mercury gets a lot of energy from this. Carbohydrates are obtained by fruits, vegetables, cakes and cereals. About 60 to 70 percent of workers are required every day. Our body carries the sugar and starch in the carbohydrate energy and stays in the liver and muscle tissues, and the energy used when the body needs it.

3. Protein:

Get protein metha, cobbler, adi, soybean, cashew and dairy products. The daily requirement of protein is 12-15 percent. Proteins create energy in the body and produce new cells. Protein is not stored in the body.) Unnecessary proteins burn or convert to cheeses, players need training according to their fitness, and the type of exercise requires protein according to its intensity and duration.

4. Fats

Saturated bursts are found in animals. Such as mass, addiction, milk and cheese. Unsaturated fatty acids are obtained from fungal substances such as corn oils, nipples, are an alternative to getting energy more in body. Due to high levels of disease, cancer, and other major diseases occur. Players need gluten-free substance by their age of exercise. Pulses: Use of daily cereal intake is essential for the food. It does not cause stomach ulcers and digestive hands.

Pulses/ Grouts:



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Exercise:

Due to controlled exercise, it seems to be effective in physiological organs And exercise type is necessary. The strength of the athletes is a very important part of their life, and the passion for the game is always successful. If this extraordinary diet is a good diet, then they would get the children's exercise from various sports, come to the great. In the case of physical education, prior to any sport, the body and the movement of food should be prepared properly.

Conclusion:

Diet role is important to maximize player's performance and increase the performance level. The diet consists of all the essential elements, which can lead to an effective increase in the performance of the players.

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