

## ATHLETES ' DIET

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**Annotation:** The fact that the body regularly plays sports is a solid foundation of our health. Exercise can cleanse the body and prevent rapid fatigue. Physical loadings, on the other hand, are the physiological state of the organism, which is distributed out of control. This is directly related to proper nutrition. Each of the athlete's feeds should be useful for the body, high in nutrients and rich in minerals.

**Keywords:** Protein, fat, vitamin, exercise, protein.

Scientific research carried out on athlete Body Nutrition, shows that there are a number of distinctive features of their body. In order to achieve high results, especially in the big sport muntazam to practice and during the competitions, the strong loads that fall on the sportchivujudi require a lot of attention to the first and important stages of the development of substances and energy. The correctness of sportchimunt will depend on the type of sport you are currently playing. Because it is important that the body absorbs, replaces proteins, vitamins, carbohydrates, minerals in sufficient quantities in relation to the energy spent. In addition, we must take into account that sports loads lead to a large loss of energy by the body, so each athlete must monitor the calorie content of the daily diet and ensure that the food is healthy. The following requirements are imposed on the diet of a person who is actively engaged in sports: the number of calories should be sufficient, the body should receive a sufficient amount of vitamins and minerals, in addition, it is recommended to use dietary supplements that activate metabolism, it is necessary to plan a diet depending on the decrease or increase in body weight, the menu should be designed.

The peculiarity of playing sports is that athletes are forced to spend a lot of energy in order to ensure the normal functioning of all body systems in conditions of severe physical exertion. This can only be achieved if the athlete's diet is properly structured. It is important to use both animal and plant products for food. The nutrition program for athletes should be created only taking into account their individual characteristics and conditions of preparation. It is also necessary to take into account the peculiarities of pharmacological assistance, without which it is difficult to imagine today's modern sport. The qualitative composition of the athlete's diet should be as close as possible to the following indicators:

Protein compounds - about 30% of the total energy value of the nutrition program. Carbohydrates make up about 60 percent of the total calories in the diet. Fat is at least 10 percent of the total energy value of the nutrition program. In addition, it is also necessary to take into account the body's need for microelements, which can be provided with traditional food and sports supplements. Often, giving up large amounts of food that are not beneficial to the athlete is painful enough. Many people are used to using various semi-finished products, for example, sausages, sausages, hot dogs, lavash. But these products are not able to deliver the energy that the body requires, and they are also sabachi for digestive organ system disorders. The organism is able to adapt to any living conditions. If we gradually reduce the amount of salt or sugar, it is possible to quickly eat food that seems to be tasteless first.

For each kilogram of body weight for at least one month of exercise, the protein compounds consumed should be increased to 1.5 grams. At the same time, carbohydrates should not be forgotten, because without this nutrient we cannot fully train with the required intensity. We have already said that we should give preference to slow carbohydrates, and we can say a lot about how many foods contain these substances. If the issue of correctness is resolved in the grass of those who practice different sports, then, firstly, the gains will be higher, and, secondly, in sports, there will be an increase in the number of frustrating structural and task disorders in the body, and finally, thirdly, a certain level of economy will be achieved. But it's all about the fact that with each sport it is very difficult for consumers to clearly define daily food from structural and quantitative harmony. Let not so much research work be carried out until now, but those that are not solved in bubora are still extremely numerous.

What tasks does food perform in the life of an athlete?

Now that we try to prove you, explain how important fingers are for athletes to eat right:

depending on the level of physical fitness and the level of specific tasks set before the athlete, the food should contain enough calories, proteins, fats, carbohydrates, vitamins, water;

thanks to the correctly selected menu, metabolic processes are activated.;

proper nutrition when playing sports will lead to a change in the composition of the body of the clock-to reduce the proportions of the fat layer, increase the proportions of the muscles or leave everything unchanged;

the menu directly affects the hormonal background, and hormones have the ability of the body and the ability to achieve maximum performance.

What should you keep in mind when drawing up an athlete's diet?

We hope that the inseparability of concepts engaged in proper nutrition and Sports will fully envelop you. Let's talk about which aspects correspond to the menu of a Balanced Athlete:



1. Quantitative content-athletes think that they need to eat as much as possible, then the muscles grow faster. But in fact, in this way, you can only increase fat, which is delayed from excess calories. It is necessary to distinguish the menu of athletes, of course, with the height of the energy price - 2100kcal (women), 2700kcal (men), but the quality is also important.

2. Quality content-proteins, fats, carbohydrates and microelements. Many of the proteins, carbohydrates and fats are very well known - 30:60:10, the dosage of each vitamin is individual, but the water is not less than the average day - it requires at least 2.5 liters per day.

3. Assimilation-this part of the topic of proper nutrition during training mainly concerns proteins. When choosing proteins, the first thing to do is not correspond to their quantity (most often to an increase in the concentration of fats), and by the absorption factor - the best indicator is 1.0, and the approximate results should be seen.

4. Feeding mode-good, and last. Of course, you need to eat a little. Do not lead yourself to Wolf hunger, but you do not have food - 4-5 meals a day is the norm.

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