



Adaptación de la guía alimentaria "My plate" a las características de las dietas en deportistas de las disciplinas de wushu-gimnasia-karate-judo-boxeo 2018-2019 [

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text (article)

Analítica

Nutrition in athletes has been poorly managed because, other aspects have been considered leaving aside the importance of an adequate diet to improve the physical performance of the athlete. The diet of athletes focuses on three main objectives, 1.- provide the appropriate energy, 2.- provide nutrients to maintain and repair tissues and 3.- maintain and regulate the body's metabolism. The nutritional guide "MY PLATE" which is a graphic representation that facilitates the understanding and monitoring of a healthy diet. For this purpose, a study was carried out in athletes of different disciplines of the Sports Federation of Chimborazo of the City of Riobamba, the study is descriptive, transversal, non-experimental. The following data was obtained: intake of macronutrients through the coefficient of adequacy of a nutrient and the index of general quality of the diet, applying a reminder of 24 hours and consumption habits, anthropometric data such as weight and height, in addition was defined the type of sport and the intensity of the sport, all with the aim of knowing the types of diets carried by athletes from different disciplines and being able to adapt the "MY PLATE" food guide to the nutritional requirements they need depending on the intensity of the training that each sport discipline has

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