



Supplementing for a healthy future - Nutrition components for sports children

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Abstract

Nutrition plays a pivotal role in supporting the training and competition demands of athletes in any sport. Good foods choice might help make sure they have had enough energy, which in turn helps training and aids recovery. This paper examines the significance of good food for player & supportive measures for enhancing food for sports persons. Children love to play. If permitted they wish to spend whole day in playing. Parents, wards & teachers are worried as children start playing even in deteriorating weather conditions such as over heat, rains, winter etc. Children need special food for healthy bones muscles, body mass & healthy body fitness. As parents push their children to make a career in sports they forget that sports children need special nutrition supplements while compared to other counterparts. This paper claims to creation of an awareness to parents & wards towards gaining food & firming their future.

Key words: *nutrition needs of sport children, special supplements, avoiding ill health syndromes, creating awareness for community*

Introduction

Nutrition is needed for all players whether children adolescents or teenage or elderly players. All sport needs physically fit persons. Players are nurtured to go for good food choice which promotes good energy & stamina. The significance of good food for player & supportive measures for enhancing food for sports persons is being debated across the globe. Children love to play. If permitted they wish to spend whole day in playing. Parents & wards are worried as children start playing even in deteriorating weather conditions such as over heat, rains,

winter etc. Children need special food for healthy bones muscles, body mass & healthy body fitness. Parents often forget that sports children need special nutrition supplements & this nutrition is gained through intake of good food .Exercise helps kids achieve and maintain a healthy body weight. (Report on National Council of Educational Research and Training. 2012, 2013, 2014).

1. Regular physical activity helps build and maintain strong, healthy muscles, bones and joints.
2. Exercise aids in the development of important interpersonal



- skills—this is especially true for participation in team sports.
3. Exercise improves the quantity and quality of sleep.
 4. Research shows that exercise promotes improved school attendance and enhances academic performance.
 5. Kids who exercise have greater self-esteem and better self-images.
 6. Participating in regular physical activity prevents or delays the development of many chronic diseases (e.g., heart disease, diabetes, obesity, hypertension) and promotes health (Report on National Council of Educational Research and Training. 2012, 2013 , 2014).
 7. Children who are active report fewer symptoms of anxiety and depression and a better overall mood.
 8. Exercise helps improve motor coordination and enhances the development of various motor performance skills.
 9. Several children suffer from following serious diseases
 - ✓ Juvenile arthritis
 - Diabetes mellitus
 - Osteogenesis Hyperthyroidism
 - Hyperparathyroidism Mal absorption syndromes Anorexia nervosa
 - Kidney disease Liver disease

Children suffer from several disorders while in schools & after schools which has a high impact on their learning. (Report on National Council of Educational Research and Training. 2012, 2013 , 2014) But

sport playing children suffer from several other inconsistent disorders .while they are playing they suffer from fatigue , disorientation dizziness etc. But some of the children fail to be included in team due to their regular ill health spells.

- ✓ Dilated Pupils,
- ✓ Disorientation,
- ✓ Dizziness,
- ✓ Fainting Spells
- ✓ Headache,
- ✓ Heat Stroke
- ✓ Heavy Perspiration,
- ✓ Normal Or Low Body Temperature,
- ✓ Pale Moist Skin,
- ✓ Weak Pulse,
- ✓ Weakness,

Considerations

1. Each child has a special fluid need, as kids suffer from heat illness they need fluids to overcome dehydration
2. Weighing children before and after exercise to determine how much fluids they are losing during activity.
3. After exercise have your child drink at least 24 ounces of a sports drink for every pound lost during exercise.
4. sports drinks should not be consumed at meals, and should generally only be used when an athlete is playing sports for more than hour (cricket ,soccer, hockey, football, cross-country, etc.).



5. helping the kids towards muscle recovery helping them with creating an awareness about eating high protein foods within 30minutes of exercise. Carbohydrates are the main energy source for kids rice bread milk yogurt cereals fruits vegetables have high carbohydrates (Erickson, Darrell. Molding Young Athletes 2004)
6. A high fat a diet or a very low fat diet is very bad. Low fat foods or low fat foods can be suggested for kids (Erickson, Darrell. Molding Young Athletes 2004)
7. The basic nutritional needs of the adult athlete very little. Energy, protein, carbohydrate, and fluid requirements will shift with increased training or participation, but an adult's basic nutrient needs are relatively constant. When scaled to size, children's nutritional requirements aren't much different from adults, but it's difficult to predict how a growing child's needs will change over time. Dramatic differences exist in growth patterns and the age at which adolescents reach adulthood, both of which affect nutrient and fluid requirements. Add to that the extra needs of the young athlete and there's much room for error, making it crucial that active youths consume balanced nutrient-rich diets.

Policy matters

1. The recommends a review of a child's or an adolescent's food and fluid intake along with physical activity as part of each yearly checkup. So remind parents to broach this subject with their child's pediatrician.
2. RDs should educate parents and coaches about fluid replacement needs and beverage options.
3. Dietitians should ask specifically about consumption of any sports or energy drinks and counsel against their use.
4. Keep the lines of communication open with parents and coaches, and emphasize the power of food for young athletes.(Erickson, Darrell. Molding Young Athletes 2004)
5. Applying the same guidelines for healthful diets for less active children but also suggest additional healthful foods, such as string cheese, vanilla yogurt, crunchy peanut butter, pudding packs made with low-fat milk, and energy bars to provide the extra 500 to 1,000 kcal active youngsters may need.
6. Suggesting parents to monitor weight in active children to ensure energy needs are being met daily . (Erickson, Darrell. Molding Young Athletes 2004)



Dietary Precautions

1. **Parents & wards** should provide following protein contents to their children.

Cheese , Chicken , Dried fruits
Eggs , Meats, Milk and Yogurt

2. **Parents & wards** should provide following fats contents to sports kids. fats on a very mean average can be added to children such as :

Nuts, Olive oil content food Peanuts,
Seeds food Selected fish meat
products,

3. **Parents & wards** can avoid following foods

Fatty meats, Dairy products
Palm oil based products Coconut oil
based products

4. **Parents & wards** can give following foods with iron rich content. Parents can enhance their child's body's absorption of iron by drinking citrus juice or eating other foods rich in vitamin c at the same time that they eat high-iron foods. Vitamin c in citrus juices, like orange juice, helps their body to better absorb dietary iron. Vitamin C is also found in:

Broccoli, Grapefruit, Leafy greens
Melons, Oranges, Peppers,
Strawberries, Tomatoes

5. **Parents & wards** should know that these foods are rich for children's overall physical development.

Bread fortified with cereals & rains
Poultry products, Beans , Nuts,
Dark green vegetables

6. **Parents & wards** are advised to give calcium rich food to sports children. Calcium is the most important mineral for bone formation. If child's diet is lacking in calcium, the body will withdraw calcium from bone deposits to use for the normal functioning of nerve and muscle cells. Too many withdrawals will negatively influence bone density later in life. Childhood is the time to build peak bone mass. Encourage your child to eat at least 3 dairy serves each day to meet their calcium needs. One serve is equal to 1 cup of milk, 2 slices of cheese or 1 tub of yogurt.

Low fat milk, Soya milk, Green leafy
vegetables, Yogurt, Cheese
Cheese products

All children need good & nutritious food but children sports children need special care & extra precaution because children might become prey to serious health problems in their future & they may have to stay away from playing. (Bajpai Asha .Dr-Child Rights in India: Law, Policy, and Practice 2003).

Parents & wards should review the pre exercise & post exercise conditions of the child which is very much necessary because this would help them to know about their energy levels. Post exercise diet should include a snack brim with moderate amount of protein , carbohydrates ,because this helps them to reacquire glycogen& repairs their muscle damage .Children need



good food as their nutritional requirements grow then demand energy foods A balanced nutritious diet can make them more active & firm foundation for healthy future will be laid.

Conclusion

Growing children need adequate amounts of nutrients to maintain a well-nurtured and physically fit body .As the food they intake also impacts a keen mind sports children's dietary requirements are to be monitored with meticulous planning . In addition to this, activity levels are very high, so to maintain all these demands, ensure that your kitchen and fridge are well stocked with the good kinds of food choices mentioned above. Growing bodies need adequate amounts of nutrients to maintain a well-nurtured and body and a keen mind. In addition to this, activity levels are very high, so to maintain all these demands, ensure that your kitchen and fridge are well stocked with the good kinds of food choices .

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