

## Question 22 (continued)

- (b) Discuss the role of supplementation in meeting the dietary needs of athletes.

6

Athletes should only need ~~sp~~ supplementation to meet their dietary needs if they don't have a balanced diet, or want to change their diet. If an athlete has a balanced diet from the 5 food groups, and if they consume the recommended daily intake of vitamins, minerals and proteins, then their body will have all the essential nutrients which it needs to function "normally", and therefore any supplements will be wasted as the body doesn't need to consume them. If an athlete isn't eating a balanced diet, or is changing their diet, supplementation becomes important. Carbo-loading can be used to increase the amount of energy an athlete has stored in the body for use in their time of physical activity. Multivitamins/minerals can be taken in the form of pills, to give the body any missing vitamins/minerals lacking in a diet, and protein shakes have recently emerged to help increase muscle bulk and endurance. Sports drinks can also be consumed to replace lost fluids, salts and sugars after exercise, but are often wasted before exercise or when used as normal drinks. Supplementation only should become a factor when an athlete doesn't have a balanced diet.

Question 22 continues on page 19