

VEGETARIAN NUTRITION AND SPORTS

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Abstract: Diet correction can very often improve the competitive result, which is enough to win. An appropriate nutrition program, be it vegetarian or not, should be the basis of any serious athlete, with the aim of ensuring the optimal mental and muscular functions necessary for the sport they are engaged in. It is necessary for athletes and trainers to learn to assess the intake of energy substances needed and what should be the ratio of carbohydrates, fats and proteins in each meal. Many studies indicate that a well-balanced ratio of macro and micronutrients, along with adequate hydration, can improve sports performance and be a key factor in achieving top sports results. Nowadays, vegetarian athletes who have a great need for protein intake achieve top results in sports, therefore the lack of meat intake must not be an obstacle for anyone who plans to exercise or achieve great results in sports.

Key words: vegetarian nutrition, sports.

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Sažetak: Korekcija ishrane veoma često može da unapredi takmičarski rezultat, što je često dovoljno za pobjedu. Odgovarajući program ishrane, bio on i vegetarijanski, treba da bude osnov svakom ozbiljnom sportisti, sa ciljem da se obezbede optimalne mentalne i mišićne funkcije neophodne za sport kojim se bave. Neophodno je da sportisti i treneri nauče da procene koji je unos energetske materije potreban i kakav treba da bude odnos ugljenih hidrata, masti i proteina u svakom obroku. Mnoge studije ukazuju da dobro balansiran odnos makro i mikronutrijenata, uz adekvatnu hidrataciju, mogu da unaprede sportske performanse i budu ključni faktor u postizanju vrhunskih sportskih rezultata. U današnje vreme sportisti vegetarijanci koji imaju velike potrebe za unosom proteina, ostvaruju vrhunske rezultate u sportu, s toga nedostatak unosa mesa ne sme biti prepreka bilo kome ko planira vežbati ili postići vrhunske rezultate u sportu.

Ključne reči: vegetarijanska ishrana, sport.