

# Athletic sports alimentation



## Most important carbs:

- porridge oats
- noodles
- potatoes
- rice
- fruits

## Most important fats:

- meat
- nuts
- milk products
- oils

## Most important proteins:

- meat
- dairy products
- eggs
- low fat churd cheese



[http://commons.wikimedia.org/wiki/File:Protein\\_\(1\).jpg?uselang=de](http://commons.wikimedia.org/wiki/File:Protein_(1).jpg?uselang=de)

### Sources:

<http://www.muskel-guide.de/ernaehrung/die-muskelaufbau-ernaehrung-wie-muss-ich-essen-um-muskeln-aufzubauen/>

<http://hanteltraining.me/2011/11/01/10-proteinreiche-lebensmittel-aus-dem-supermarkt/>

<http://muskelaufbau-ernaehrung.com/proteinreiche-lebensmittel/>

<http://www.gourmet-food-channel.net/Liste-proteinreicher-Lebensmittel.html>

## How many carbs, proteins and fats do you have to eat as a bodybuilder?

- Carbs: 4-5 g/1kg bodyweight
- Fat: 1g/1kg bodyweight
- Proteins: 2g/1kg bodyweight



## Some general informations:

- The muscles are formed after the training  
⇒ Most of the proteins should be eaten after the training
- Only proteins, sugar and fat can give you power
- Sugar gives you power immediately
- Calorienoverrun



## Harris-Benedict-Formula:

$66,47 + 13,7 \times \text{bodyweight in Kg} + 5 \times \text{bodyheight in cm} - 6,8 \times \text{age (men)}$

$655,1 + 9,6 \times \text{bodyweight in Kg} + 1,8 \times \text{bodyheight in cm} - 4,7 \times \text{age (women)}$

## High in protein food:

### Meat:

- 1. Calf (36% Protein)
- 2. Chicken (30% Protein)
- 3. Turkey (30% Protein)

### Fish:

- 1. Salmon (27% Protein)
- 2. Halibut (26% Protein)
- 3. Haddock (24% Protein)

### Plants:

- 1. Lens (24% Protein)
- 2. Peas (22% Protein)
- 3. Beans (10% Protein)