

Question 22 (continued)

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

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Athletes need different dietary needs to other people. As they use more energy in general.

Athletes use supplementation of vitamins, minerals etc. to obtain their daily needs.

An endurance athlete would eat more high-carbohydrate foods (e.g.) pasta as they will need a larger energy supply for their sport.

Supplementation is usually 'sport specific' - This achieves the correct & optimum dietary balance needed by the athlete.

Vitamin pills can be taken to achieve their higher than usual needs which are harder to obtain by eating the food which contain them!

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