

CHAPTER 6.3

NUTRITION FOR INDIVIDUAL NEEDS

1. NUTRIENT NEEDS

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2. ATHLETES

- WATER –
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- CARBOHYDRATES – (XC RUNNERS)

3. HYDRATION

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- MUST BE REPLACED TO AVOID DEHYDRATION AND HEATSTROKE
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4. HOW MUCH??

- DRINK -16 – 24 OZ
- DRINK – 6 – 12 OZ
- DRINK – 16 OZ
 - REHYDRATION

5. ANABOLIC STEROIDS

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6. VEGETARIANISM

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11. RISK OF DIETARY SUPPLEMENTS

- MEGADOES –

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12. RISK OF DETARY SUPPLEMENTS CONT...

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13. HEALTH FOODS

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14. NUTRITION THROUGHOUT THE LIFE SPAN

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