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Nutritional supplement characteristics of different sports

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Objective This review mainly summarize the nutritional supplement characteristics of speed, endurance and strength sports, which can provide theoretical reference for coaches and athletes.

Methods Literature

Results Carbohydrates, VB1 and VC should be added to the speed program diet. Endurance items can be added to meet energy needs. The power type project should be sufficient protein, and appropriate complement of sodium, potassium and other electrolytes.

Conclusions Due to different energy supply methods, sports items have their own characteristics of nutritional supplement. According to the difference of sports, it is beneficial to improve athletes' performance to supplement nutrition.