



Exercise Biochemistry Review

Proceedings of IBEC 2018, Beijing, China, October 23-25
PO-005

The Dietary Nutrition Adjustment Continuous 16 Weeks and the Nutrition Supplement Plan after Weighing of Women's Wrestlers

jingjing liao
Hubei Institute of Sports Science

Objective This study develops the nutrition supplement plan after weighing, and research how to supply nutrition in this important time on the basis of the dietary nutrition adjustment in pre-competition. Formulate the nutrition supplement plan for women's wrestlers by quantized, and evaluate this plan.

Methods To prepare for the key players of the 13th National Games, a 16-week daily dietary adjustment was conducted according to the results of a nutrition survey on the slow-fall-weight control phase before the competition. Routine dietary adjustment was proved by changes in body composition and improvement of anaerobic capacity. The plan was developed, that includes weighing meals, liquid nutritional supplements and inorganic salts solutions after weighing, on the basis of the regulation on nutrition.

Results The balance between the total daily dietary intake and its ratio can make the athlete achieve the ideal effect of weight control in the normal training. Comparing the indicators before and after 16 weeks, it was found that after the athlete's diet was basically balanced and reasonable the body weight decreased significantly, the fat-free body weight remained unchanged, the body fat percentage decreased significantly, and the anaerobic capacity increased significantly. After weighing during the competition nutritional supplement plan can be executed, and the total body water, urine protein, urine specific gravity can be restored to normal levels developed, that includes weighing meals, liquid nutritional supplements and inorganic salts solutions after weighing, on the basis of the regulation on nutrition.

Conclusions This study through the understanding of the basic nutritional status of athletes before the game, according to the conditions of each athlete to give the corresponding dietary guidance, and use 16 weeks to supervise the implementation. Athletes' dietary structure and nutrient intake change significantly, and then the nutrition achieves balanced and reasonable. To investigate the nutritional situation this time, that combined with the characteristics of energy supply and nutritional, which for wrestling athletes, worked out the nutritional supplement plan after weighing by quantitative data. This plan can be performed well; the effect of supplement is improved obviously; and on discomfort appeared during the game by the athletes who performed it. This study is a preliminary exploration of the nutritional supplement plan for athletes during the important recovery phase of the game. Follow-up research will involve more projects in order to promote this special period to other weight-level projects eventually.