

## Question 22 (continued)

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

6

In athletes <sup>generally</sup> supplementation should not be required if ~~an~~ due to a detailed eating plan and by eating a balanced diet. However in various circumstances Vitamin and mineral supplements may be required. Media campaigns and advertising have been successful in promoting vitamins as ~~necessary~~ <sup>should</sup> for optimal performance however balanced diet provides all necessary vitamins to maintain levels. ~~However~~ <sup>If</sup> athletes <sup>vitamin</sup> diet levels are too low a change in diet should be considered before supplementation. If athletes levels are consistently below the borderline then supplementation may be required for a short period to balance athletes vitamin levels. Minerals however are important for performance. Many athletes in particular female athletes experience 'athlete anemia' <sup>and</sup> calcium deficiencies. It is <sup>iron deficiencies</sup> ~~important~~ that these minerals be maintained and thus supplementation may be required in order to prevent loss of bone density from calcium deficiency which may cause osteoporosis later in life and iron deficiencies may result from menstruation in women leading to such diseases as amenorrhoea. Vegetarian athletes must also monitor mineral & vitamin levels to ensure levels are balanced and diets are appropriate. Each individual athlete should have a diet tailored especially for them reflecting their needs in order to supply <sup>necessary</sup> dietary requirements for that athlete. Sports drinks may also be used as supplements to supply quick boosts of carbohydrates in exercise.