

Healthy food

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what is it

- ▶ this is the diet of life when you follow a certain diet this. (is my opinion)



what will scientists say about it

- ▶ The human body receives almost all the necessary substances through food and water. The composition of food and its properties directly affect the health



Healthy nutrition for athletes

- ▶ For athletes sports nutrition feels a little different. example an athlete has been drying weight for a long time and in order to recover he uses a Supplement that is the athlete's diet includes supplements

People who play sports they focus on what the body needs substances and this helps them supplements



Types of additives

- ▶ Protein shakes
- ▶ amino acids gainers,
- ▶ energy
- ▶ vitamin and mineral complexes
- ▶ fat burners



▶ Thanks for your attention