

Abstract

Heavy athletics is a great stress for a human organism. This stress has to be compensated by proper nourishment and proper relaxation. Higher intake of all nutrients is always linked to heavy athletics. Some nutrients, such as omega-3 fatty acids, iron, zinc and proteins have a unique role in strength disciplines. Especially proteins are considered by both amateur and professional athletes as the most essential for muscle building. It is questionable how much protein is needed and how does its quality (directly linked to digestibility and absorbency) differ in animal and plant proteins, or even in supplementations proteins. The types of nourishment proteins that are combined together and what type of training is preferred matter significantly. Other agents of high significance are evidently, with direct or indirect influence, carbohydrates, dietary fiber, fats, vitamins, minerals and drinking habits.