

SUMMARY:

Title: Nutrition in relation to health, appearance and sports performance for active men and women of middle age

Aim: The aim is to evaluate the importance of diet in terms of health, appearance and athletic performance in specific age groups.

Methods: Bachelor of theoretical style is focused on the search of available source of study and research, gathering publications, articles, conceptual materials and other written and electronic documents relating to the basic components of food nutrition from the energy point of view, the basic dietary recommendations, temporal aspects of food intake as well as food nutrition.

Results: The result of this work is a comprehensive overview of the field of nutrition and eating habits.

Key words: Nutrition, way of living, lifestyle, obesity, BMI, dietary, basal metabolism.