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CALCULATION OF THE INDIVIDUAL DIET FOR FEMALE VOLLEYBALL PLAYERS

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Proper nutrition is the key to the good health, healthy appearance, and strong immunity. A balanced, healthy diet allows people to get all the necessary minerals and trace elements.

Healthy eating plays an important role in the life of all people. It consists of providing the body with the necessary elements and vitamins by its needs. In the diet of an ordinary person, the daily energy consumption is taken into account. However, athletes need an individual diet based on their needs for certain elements to maintain their shape. As a result, the diets of an athlete and a person who is not involved in sport-related activities are different. Athletes need to maintain a certain amount of calories, proteins, carbohydrates, and fat intakes, while most people do not even think about it. An unhealthy diet is the most common cause of disease and, as a consequence, mortality in the world's population. Balanced nutrition is one of the few scientifically proven methods of increasing life expectancy for mammals, including humans.

The study aimed at calculation of a balanced diet based on the characteristics of a person. To this purpose it is necessary to study the principles of rational nutrition as the main component of a healthy lifestyle, examine the calculation of the body energy consumption in consideration of the volume and type of physical activity and basic human metabolism, and also make up a menu for a volleyball player living in the central regions of the Krasnoyarsk Territory (Yenisei Siberia) for the autumn-winter season.

The work presents the calculation of an individual diet for a teenage girl taking into account the main factors, such as gender, age, morphotype, physical activity, geographical location of residence, history of hereditary diseases.

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