Sports Nutrition Tips

Before a Game.. Effects of Tension on Your Body

Major Concerns

- Inhibited digestion and absorption caused by tension and/or excitement
- Reduced or increased appetite



When digestion and absorption are inhibited...

Exercise causes the sympathetic nervous system to become dominant and inhibits digestion and absorption.

↓

The added tension and excitement before a game further inhibits digestion and absorption!



(Main symptoms)
Heavy stomach
Bloating sensation
Nausea
Upset stomach

When you have a poor appetite…

Reduced energy reserves
→Prone to weight loss
(mainly muscle mass)



When you have an increased appetite…

Tendency to overeat out of nervousness

↓

- Upset stomach
- Weight gain and slowed movement



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How to Choose Food When You Are Nervous

Four points to keep in mind!

①Choose easy-to-digest foods

Easy-to-digest foods	Hard-to-digest foods
Udon noodles Rice balls Bananas Athletic gel drinks	Foods high in fiber Fried foods





②Chew food well

Try to chew at least 15 times per bite!



Chewing well stimulates the secretion of saliva and digestive juices.

③Eat antioxidant vitamins (vitamins A, C, and E)

Carrots, broccolis, strawberries, kiwis, pumpkins and nuts



They help remove active oxygen※generated by stress.

※Leads to reduced immunity and fatigue.

④Eat minerals such as calcium and magnesium

Yogurt, Cheese, Japanese mustard spinach,Firm tofu



They also help with mental stability.
Try to eat them on a daily basis.

参考：理論と実践スポーツ栄養学
全国発酵乳乳酸菌飲料協会

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