Nutrition and Performance in Sport

Topic 3. The importance of dairy products in the athlete's daily nutrition

La notion d'Oberrhein : les gisants de chevaliers, exemple et contre-exemple

By the same author


BIBLIOGRAPHY

End meals with a food which helps to neutralize acid attacks (e.g. cheese or milk)

Use a straw as often as possible

Regularly consume alkaline foods (fibre-rich foods, dairy products, eggs, vegetables and fruits)

Avoid exposure to risk factors associated with poor oral health. Indeed, when involved in an intense sporting activity, it is impossible to completely avoid the effects of sports drinks on the teeth, such as diluting drinks with plain water (preferably rich in calcium and phosphate) after each sip of sports drink.

It is recommended to consume dairy products containing calcium before or after athletic training, associated with decreased salivary secretion (related to exercise) or high energy consumption during or after the session.

The effects of consumption of dairy products such as milk or cheese during the post-competitive period contribute to the long-term prevention of the effects of sports drinks on the teeth, such as dilution of drinks, which can give a low pH. These dairy products are rich in calcium and phosphate which help to neutralize acid attacks on the teeth.

The role of dairy products is to help neutralize acid attacks on the teeth, thus improving the pH at which the teeth are exposed. The use of dairy products such as cheese or yoghurt after exercise can help to neutralize the acids present in the mouth. These dairy products contain calcium and phosphate which help to neutralize the effects of sports drinks on the teeth.

The main risk factors for athletes are: high energy supply, high consumption of sugars, and reduced salivary flow. In addition, dairy products such as milk or cheese contain calcium and phosphate which help to neutralize the acids present in the mouth. The use of dairy products after exercise can help to neutralize the effects of sports drinks on the teeth. The consumption of dairy products such as cheese or yoghurt after exercise can help to neutralize the acids present in the mouth. These dairy products contain calcium and phosphate which help to neutralize the effects of sports drinks on the teeth.

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The main dental problems encountered by athletes are cavities (3.1) and tooth erosion. In summary, dairy products such as milk or cheese contain calcium and phosphate which help to neutralize the acids present in the mouth. The use of dairy products after exercise can help to neutralize the effects of sports drinks on the teeth. The consumption of dairy products such as cheese or yoghurt after exercise can help to neutralize the acids present in the mouth. These dairy products contain calcium and phosphate which help to neutralize the effects of sports drinks on the teeth.

Risks are also increased by the frequency and duration over which food or drinks are consumed. The use of dairy products such as milk or cheese after exercise can help to neutralize the effects of sports drinks on the teeth. These dairy products contain calcium and phosphate which help to neutralize the acids present in the mouth. The use of dairy products after exercise can help to neutralize the effects of sports drinks on the teeth. The consumption of dairy products such as cheese or yoghurt after exercise can help to neutralize the acids present in the mouth. These dairy products contain calcium and phosphate which help to neutralize the effects of sports drinks on the teeth.