
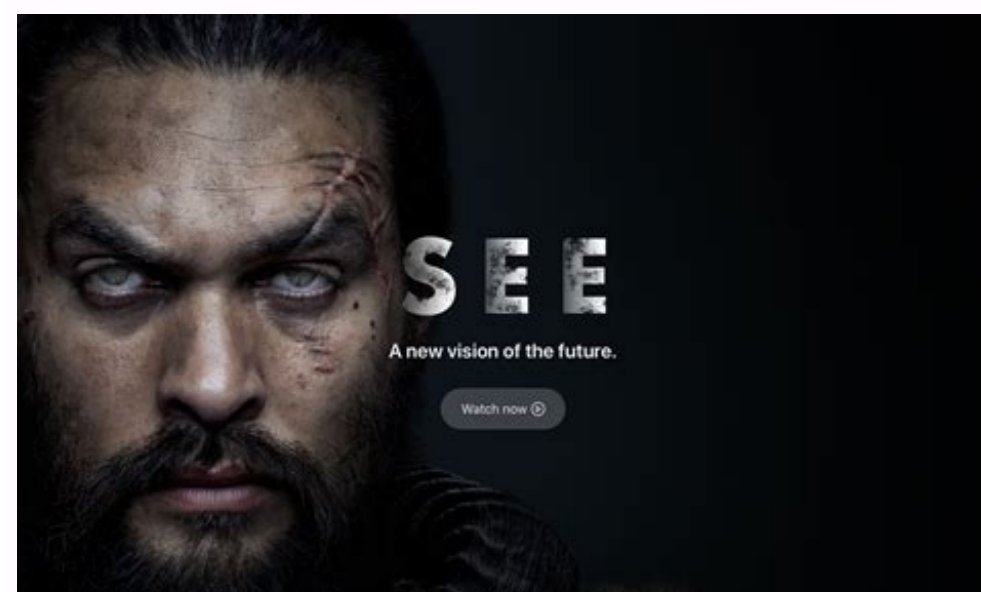
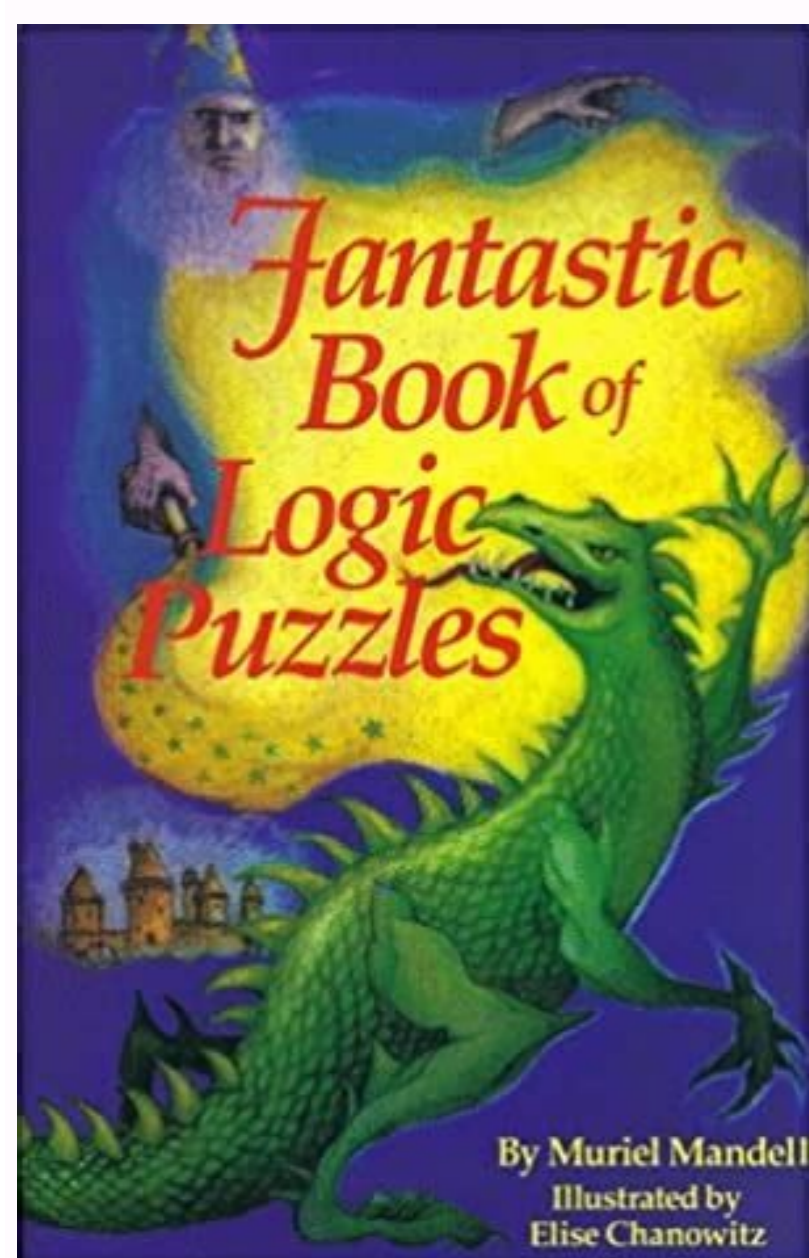


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Nutrition and Hydration for Handball

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Jorge Molina-López and Elena Planells

7.1 Introduction

Achieving optimal athlete nutrition presents one of the greatest challenges in developing strategies favoring the adaptations that occur as a result of training and competition. Acquiring the necessary knowledge to determine athletes' needs will play a fundamental role in determining nutritional requirements in response to the increased demands from exercise. As a result, the role of the dietitian-nutritionist is increasingly present in the world of sports. At this time, establishing nutritional policies and procedures regarding nutritional status, hydration guidelines, supplementation strategies, and injury prevention is critical, since optimal adaptation to meet the demands of repeated training sessions requires a proper diet in terms of quantities and types of nutrients. Although scientific evidence on a set of dietary recommendations or nutritional requirements during exercise has been described [1–3], in sports such as handball, it is generally accepted that athletes need to maintain a diet consistent with the recommendations for macro- and micronutrients in the general population to maintain good health status. Therefore, there is a need to understand additional nutritional strategies that handball players can implement in

order to enhance nutritional and hydration requirements throughout the handball season. This could result in favoring the physiological response to handball, which may lead to better adaptation to exercise and an improvement in exercise performance.

7.2 Role of the Sports Nutritionist

The science and practice of sports nutrition is continually evolving, aided by an enthusiastic research base, the publication of peer-reviewed journals dedicated to sports nutrition, and the development of consensus statements from expert groups including the International Olympic Committee (IOC) and American College of Sports Medicine (ACSM) [4].

The relationship between nutrition and sports performance has become increasingly important due to the rise in the number of athletes and active people that need qualified professionals to optimize their food choices, thus supporting exercise performance and health status. Based on the previous assumption, the role of the nutritionist in sports such as handball will require knowledge of the sport-specific physiological demands of training and competition to be able to implement dietary recommendations and strategies within the framework of a multi-professional sports team. An individual approach is needed to meet each athlete's nutritional and hydration needs,

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