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## THE NUTRITION OF THE SPORTSMAN

(communication from Dr. A. Wander S. A.)

should be sufficient as regards quantity, satisfying as regards quality - proteins, carbohydrates, fats, mineral salts, vitamins and water - and above all, should be appetising. Within the scope of these principles it is less important to adhere strictly to a rigid diet than to give some consideration to individual requirements and preferences. For the sportsman too, his daily meals should be a source of enjoyment and not a dreary routine in the name of sport.

Whilst at the beginning of the training period a rather moderate diet is quite satisfactory, with increasing performance the body demands correspondingly more food. In order to justify this requirement without, at the same time, overloading the digestive organs, it is preferable to select concentrated, easily digestible food, and to reduce the principal meals, supplementing them with snacks to provide the body with the necessary energy. For this purpose *Ovaltine* is an excellent strength-giving food which fulfills the requirements of qualitative composition, digestibility and pleasant taste.

Dr. A. WANDER S. A.

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