

## Alimentazione sportiva



Di quanta energia ho bisogno? Cosa mangio prima e dopo l'allenamento? Aiuta bambini e adolescenti a nutrirsi in modo sano.

Tutte le categorie Esperienza specifica Parlane Tu come monitore Quiz

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**Ho bevuto troppo poco? (<https://coolandclean.ch/it/themen/sporternaehrung/Habe-ich-zu-wenig-getrunken->)**

<https://coolandclean.ch/it/themen/sporternaehrung/Getr-nke-im-Kindersport>

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## **Bevande nello sport dei bambini (<https://coolandclean.ch/it/themen/sporternaehrung/Getr-nke-im-Kindersport>)**

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<https://coolandclean.ch/it/themen/sporternaehrung/Ern-hrung-vor-Training-und-Wettkampf>

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## **Alimentazione prima dell'allenamento e delle competizio (<https://coolandclean.ch/it/themen/sporternaehrung/Ern-hrung-vor-Training-und-Wettkampf>)**

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<https://coolandclean.ch/it/themen/sporternaehrung/Vorbild-sein-punkto-Ern-hrung>

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## **Essere un modello per quanto riguarda l'alimentazione (<https://coolandclean.ch/it/themen/sporternaehrung/Vorbild-sein-punkto-Ern-hrung>)**

Tu come monitore

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<https://coolandclean.ch/it/themen/sporternaehrung/Ern-hrung-am-Morgen->

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## **Alimentazione al mattino (<https://coolandclean.ch/it/themen/sporternaehrung/Ern-hrung-am-Morgen->)**

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## **Alimentazione durante l'allenamento e le competizioni (<https://coolandclean.ch/it/themen/sporternaehrung/Ern-hrung-w-hrend-Training-oder-Wettkampf>)**

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<https://coolandclean.ch/it/themen/sporternaehrung/Was-bedeutet--leicht-verdaulich-->

## **Che cosa significa «facilmente digeribile»? (<https://coolandclean.ch/it/themen/sporternaehrung/Was-bedeutet--leicht-verdaulich-->)**

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<https://coolandclean.ch/it/themen/sporternaehrung/Das-Prinzip-der-Sportern-hrung>

<https://coolandclean.ch/it/themen/sporternaehrung/Das-Prinzip-der-Sportern-hrung>

## **Il principio dell'alimentazione sportiva (<https://coolandclean.ch/it/themen/sporternaehrung/Das-Prinzip-der-Sportern-hrung>)**

Esperienza specifica

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<https://coolandclean.ch/it/themen/sporternaehrung/Muskelaufbau-und-Ern-hrung>

<https://coolandclean.ch/it/themen/sporternaehrung/Muskelaufbau-und-Ern-hrung>

## **Sviluppo della muscolatura e alimentazione** **(<https://coolandclean.ch/it/themen/sporternaehrung/Muskelaufbau-und-Ern-hrung>)**

Esperienza specifica

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<https://coolandclean.ch/it/themen/sporternaehrung/Tausche-dich-mit-anderen-Leitenden-aus>

<https://coolandclean.ch/it/themen/sporternaehrung/Tausche-dich-mit-anderen-Leitenden-aus>

## **Confrontati con altri monitori (<https://coolandclean.ch/it/themen/sporternaehrung/Tausche-dich-mit-anderen-Leitenden-aus>)**

Tu come monitore

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## **Acqua, tè o bevande sportive? (<https://coolandclean.ch/it/themen/sporternaehrung/Wasser--Tee-oder-Sportgetr-nke->)**

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<https://coolandclean.ch/it/themen/sporternaehrung/Ern-hrung-1-2-Stunden-vor-Training-oder-Wettkampf>

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## **Alimentazione 1-2 ore prima dell'allenamento o della gara (<https://coolandclean.ch/it/themen/sporternaehrung/Ern-hrung-1-2-Stunden-vor-Training-oder-Wettkampf>)**

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[/https://coolandclean.ch/it/themen/sporternaehrung/Quiz--Lebensmittelpyramide\)](https://coolandclean.ch/it/themen/sporternaehrung/Quiz--Lebensmittelpyramide)

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## **Quiz «Piramide alimentare» (<https://coolandclean.ch/it/themen/sporternaehrung/Quiz--Lebensmittelpyramide>)**

Quiz

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[/https://coolandclean.ch/it/themen/sporternaehrung/Eiweiss-und-Muskelaufbau\)](https://coolandclean.ch/it/themen/sporternaehrung/Eiweiss-und-Muskelaufbau)

[/https://coolandclean.ch/it/themen/sporternaehrung/Eiweiss-und-Muskelaufbau\)](https://coolandclean.ch/it/themen/sporternaehrung/Eiweiss-und-Muskelaufbau)

## **Proteine e sviluppo muscolare (<https://coolandclean.ch/it/themen/sporternaehrung/Eiweiss-und-Muskelaufbau>)**

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[/https://coolandclean.ch/it/themen/sporternaehrung/Wie-viel-Energie-brauche-ich-\)](https://coolandclean.ch/it/themen/sporternaehrung/Wie-viel-Energie-brauche-ich-)

[/https://coolandclean.ch/it/themen/sporternaehrung/Wie-viel-Energie-brauche-ich-\)](https://coolandclean.ch/it/themen/sporternaehrung/Wie-viel-Energie-brauche-ich-)

## **Quanta energia mi serve? (<https://coolandclean.ch/it/themen/sporternaehrung/Wie-viel-Energie-brauche-ich->)**

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## **Alimentazione 3-5 ore prima dell'allenamento o della competizione (<https://coolandclean.ch/it/themen/sporternaehrung/Ern-hrung-3-5-Stunden-vor-Training-oder-Wettkampf>)**

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<https://coolandclean.ch/it/themen/sporternaehrung/Wer-soll-Supplemente-nehmen->

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## **Chi deve prendere integratori? (<https://coolandclean.ch/it/themen/sporternaehrung/Wer-soll-Supplemente-nehmen->)**

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## **Aiuto professionale (<https://coolandclean.ch/it/themen/sporternaehrung/Professionelle-Hilfe>)**

Tu come monitore

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## **Alimentazione dopo l'allenamento e le competizioni (<https://coolandclean.ch/it/themen/sporternaehrung/Ern-hrung-nach-Training-oder-Wettkampf>)**

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<https://coolandclean.ch/it/themen/sporternaehrung/Vorsicht-bei-Supplementen>

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## **Cautela con gli integratori (<https://coolandclean.ch/it/themen/sporternaehrung/Vorsicht-bei-Supplementen>)**

Esperienza specifica

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<https://coolandclean.ch/it/themen/sporternaehrung/Sind-Supplemente-sinnvoll->

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## **Gli integratori sono una scelta sensata? (<https://coolandclean.ch/it/themen/sporternaehrung/Sind-Supplemente-sinnvoll->)**

Esperienza specifica

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<https://coolandclean.ch/it/themen/sporternaehrung/Kohlenhydrate-geben-Energie>

<https://coolandclean.ch/it/themen/sporternaehrung/Kohlenhydrate-geben-Energie>

## **I carboidrati forniscono energia (<https://coolandclean.ch/it/themen/sporternaehrung/Kohlenhydrate-geben-Energie>)**

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<https://coolandclean.ch/it/themen/sporternaehrung/Fastfood--Proteinshakes---Co.>

<https://coolandclean.ch/it/themen/sporternaehrung/Fastfood--Proteinshakes---Co.>

## **Fast food, protein shake & co. (<https://coolandclean.ch/it/themen/sporternaehrung/Fastfood--Proteinshakes---Co.>)**

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## **Quiz «Bevande» (<https://coolandclean.ch/it/themen/sporternaehrung/Quiz--Getr-nke>)**

Quiz

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