

# UP-TO-DATE DIET – WELL BALANCED NUTRITION - SPORT ACTIVITY (OPTIMIZATION OF BODYMASS IN THE XXI CENTURY)

*Professional paper*

## **Abstract**

The paper deals with topics of up-to-date, with sport motion combined diet, helping in keeping the health, as well. In the last decades a lot of information were distributed concerning several viewpoints of bodyweight reduction and optimization. How should we know that it is useful and not unhealthy? A suitable Nutrition software (AOPNEI, Analysing and Optimization Program for Nourishment and Energy Intake) – developed at the Department of Food Chemistry and Nutrition of the Faculty of Food Science – can help.

**Key words:** adequate nutrition, bodyweight reduction, chemical composition, food, motion, software