

Comparison of Food Consumption and Nutritional Statuses of Athletic Adolescents

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ABSTRACT In this study, the researchers aimed to assess energy and nutrient consumptions and nutritional statuses of adolescents who participate in different branches of sports. The study group consisted of 138 athletes (108 boys and 30 girls) aged 10-17 years from five different branches of sports. Three-day food intake values and anthropometric measurements were recorded, and body analyses were performed. A high proportion of the athletes had BMIs in the 15-85 percentile, and there were body fat percentages of <15th percentile in all groups. Basketball players had significantly higher percentage of body fat and BMI compared to football players. All athletes obtained daily energy intake of 44.8±7.99 percent, 14.6±3.01 percent and 39.1±7.70 percent from carbohydrate, protein and fat respectively. In different sports branches, there were differences between the energy contributions of macro- and micronutrient intake (p<0.05). A high proportion of athletes failed to meet most micronutrient recommendations. Suboptimal nutritional status may negatively affect the athletes' performance, as well as physiological growth and development.