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Investigation On Dietary Nutrition Status of Chinese Elite Male Young Soccer Player

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Objective To evaluate the dietary nutritional of Chinese Elite male young soccer player through the knowledge, attitude, behavior (KAP) survey and an adjusted dietary balance index (DBI).

Methods Explored the dietary nutritional status of 30 Chinese Elite male young soccer players through the knowledge, attitude, behavior (KAP) survey. Diet status of 30 Chinese Elite male young soccer players was collected by food-weighing method. The dietary index of DBI-low bound score (LBS), DBI-high bound score (HBS) and DBI-diet quality distance (DQD) in the adjusted DBI-07 system and nutrient analysis were used to evaluate the dietary quality of athletes.

Results The average score of nutrition knowledge (general nutrition and sports nutrition knowledge) in the KAP questionnaire of Chinese Elite young players was 16.90 ± 2.49 , and the average score of nutritional attitude was 14.07 ± 2.27 . The mean score of the dietary behavior was 39.67 ± 2.65 . The total score average was 70.63 ± 4.58 . The results of the dietary intake survey showed that the percentage of calorie intake of Chinese Elite male young soccer players who eat three meals a day and snacks were 24.19%, 34.93%, 27.43%, and 13.45%. The proportion of energy intake of carbohydrates, fats, and proteins to total energy were 54.93%, 32.18%, and 11.53%, respectively. The results of the dietary quality survey showed that the median score of LBS of Chinese Elite male young soccer players was 21, the proportion of players with low level of intake was 83.3%, and the proportion of people with moderate and high levels of inadequacy was 16.7%. The median of HBS was 7.5, 90.0% of players had low levels of dietary intake in excess, and 10.0% of players had moderate levels of dietary intake in excess. The median of DQD was 34.5. Among the players, 46.7% of athletes have low-level dietary imbalances, and 53.3% of players had moderate-to-high-level dietary imbalances.

Conclusions The score of nutritional attitudes and dietary behaviors of 30 Chinese elite male young soccer players are relatively better than that of nutrition knowledge. Young soccer players have unreasonable dietary behaviors. Excessively intake too much fat in the three major nutrients and snacks. The intake of protein, vitamin A, vitamin C, calcium, iron and zinc was inadequate. In terms of dietary intake, most players have high-level dietary imbalances, and players have inadequate dietary intake and excessive dietary intake.