

Brief Report

Relationship between nutritional intakes and Daily Intake Frequency of Meals Including a Staple Food, a Main Dish and a Side Dish in elementary school students participating in sports activities

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ABSTRACT

【Aim】

This study was aimed at examining the relationship between the nutritional intakes and Daily Intake Frequency of Meals Including a Staple Food, a Main Dish and a Side Dish, in order to provide the appropriate dietary pattern for elementary school students participating in sports activities.

【Methods】

The meals of 30 boys from the 4th to 6th grades of elementary school who were regularly engaged in sports activities were analyzed.

【Results】

The appearance rates of staple food, main dish, and side dish 1 were high; however, those of side dish 2, dairy products, and fruits were less than 50%. According to the Daily Intake Frequency of Meals Including a Staple Food, a Main Dish and a Side Dish, we classified subjects into two groups. The high appearance rate group (n = 15), with appearance rates of more than 50%, had a better nutritional status and food intakes than the low appearance rate group (n = 15), with appearance rates of ≤50%.

【Conclusion】

Elementary school students who are regularly engaged in sports activities can easily fulfill their energy and nutrient requirements, that are thought to be increased due to exercise, by eating the staple food, main dish, two side dishes, dairy products, and fruits with each meal. These data suggest the desirable dietary forms for elementary school students who participate in sports activities.