

Brief Reports

## **Basic Data on the Diet, Urine and Blood Tests in Competitive Road Cyclists of a Corporate Team**

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### ABSTRACT

Bicycle racing is known as an event with high energy expenditure, but there are few reports on nutritional support provided to competitive road cyclists of Japanese corporate teams. In this study, we conducted anthropometric measurements, dietary surveys, blood tests, and urine tests within the same month of the summer season in competitive road cyclists of Japanese corporate teams, in order to create reference material for provision of nutritional support to the cyclists. The bone mineral density index of the tibia was lower than the standard value in the cyclists, and a high level of active vitamin D concentration in the blood was confirmed. On the other hand, the amount of calcium intake of the athletes at that time was around 700 mg. The most appropriate dietary survey method in the cyclists was also examined, and there was no significant difference in the results of the survey between the dietary record method and the commercial food frequency questionnaire (FFQg), which was used in combination with a supplement form with specific information on the amounts used.

**Keywords:** bicycle road racing, bone mineral density, blood vitamins, urinary minerals, food frequency questionnaire