

Information

## **Research on the Usefulness of Providing Food to Endurance Athletes: A Case Report of Male Road Cyclists**

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### ABSTRACT

#### **【Aim】**

The purpose of this study was to obtain new knowledge about the usefulness of providing food to athletes who cook for themselves.

#### **【Methods】**

Four male cyclists (age, 18.5±1.0 yrs; athletic career, 5.5±2.1 yrs) belonging to company sports teams from the southern part of Nagano prefecture participated in this study. All participants lived in dormitories and cooked their own meals. The athletes were provided supplies for 23 dishes divided into five times of the day, and a seven-point scale and rank-order questionnaire were used to evaluate the benefit of supply of provisions.

#### **【Results】**

The preferences of the participants among the foods provided were significantly consistent. There were significant positive correlations between the "Deliciousness score" and the "Ease of eating score," "It is suitable for dinner" and the "Protein-energy ratio," "It is suitable as a snack" and the "Carbohydrate-energy ratio." Through analysis of the free-descriptive responses by the KJ method, "attention to food" and "interest in nutrition" were extracted as the topmost categories.

#### **【Conclusion】**

It is possible that the foods provided in the present study contributed to improving the quality of snacks and dinner for the athletes who showed low vegetable intakes. Our results showed that provision of foods to athletes may be effective as one of the methods to promote the nutritional improvement of athletes.

**Keywords:** road cycling, sending the food, sports nutrition