

Information

Examination of a Nutrition Education Program for High School Rugby Players - From the viewpoint of dietary and lifestyle habits and food intake -

Sachiko KODURU

Department of Food Culture, Faculty of Food Culture, Baika Women's University

ABSTRACT

【Aim】

The purpose of this study was to determine the most effective method for providing nutrition support to high school rugby players.

【Methods】

The participants of this study were 51 members of the rugby club of a high school attached to the University of W. Survey of awareness was conducted for dietary habits, sleep and physical condition, including the amounts of intake and fondness for milk and dairy products, vegetables, and fruits, in May 2005.

【Results】

The dietary intakes of the participants did not meet the standard amounts indicated in the Dietary Balance Guide for milk and dairy products, vegetables, and fruits in 52.9%, 90.2% and 78.4% of the participants, respectively. Only 15.7% of the participants consumed the recommended types of dishes, namely, a staple food, a main dish, and a side dish with milk, a dairy product, or fruit, and 7.8% of the participants missed breakfast. The vegetable intake tended to be lower in the participants who went to bed late, had sleep problems, ate pickily, and/or ate meals without chewing adequately.

【Conclusion】

The importance of nutrition education activities was presented to inform the high school students and athletes, who were in the growth and development phase of life, about the relationships among lifestyle, dietary habits and health, and to encourage them to improve their intake of milk and dairy products, vegetables and fruits.

Keywords: high school rugby players, dietary habits, sleep, food intake