

Practical Solutions

Nutritional Support for Dietary Management of the Japanese National Badminton Players during International Tournaments

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ABSTRACT

For the Japanese national badminton team, dietary management has become an important issue to enable the players to maintain a good nutritional status during international tournaments and perform well in the matches. Therefore, as part of the nutritional support intervention for the Japanese national badminton team, we accompanied the players to their international tournaments and surveyed their nutrient intakes. The subjects were 9 female players (age 23.4 ± 3.7 years) of the Japanese national badminton team. The survey items were nutrient intake, body weight, subjective fatigue, appetite, bowel movements, match duration, and start and end time of the match during the tournament. In the Japanese team, meals during international tournaments are left to the individual players. In most cases, the players enjoy the hotel buffet for breakfast, and for lunch and dinner, they visit restaurants, buy pre-cooked foods, or simply cook their own meals in the hotel room using a portable cooker. Under these circumstances, in terms of the average daily intakes during a tournament of the athletes participating in this study, it was clear that the protein and carbohydrate intakes were significantly lower than the target amounts per day, and the intake of fat was significantly higher than the target amount, although the energy intake approximately equaled the target amount. The results of this survey indicate that there is a need to improve the balance of energy-producing nutrients in the athletes' diet. Since a dietitian does not always accompany the national team during international tournaments, it is not easy for the players to adjust their energy and nutrient intakes according to the local food environment and daily circumstances. Since the Japanese national badminton players participate in tournaments around the world throughout the year, it is necessary to promote their dietary awareness and skills of the players to adjust their dietary intakes in order to maintain a good nutritional status and perform adequately in matches. Through the results of such surveys, we believe that sports dietitians involved in the field could provide education to the players on good nutrition and practice of good nutritional habits to maintain adequate nourishment and improve their physical condition.

Keywords: Nutritional Support, Japanese National Badminton Players, Dietary Management during International Tournament