

Information

Trends in Food Selection in a Restaurant Frequented by Athletes of Various Types of Sports

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ABSTRACT

【Aim】

To identify trends in food selection in a restaurant frequented by athletes of various types of sports.

【Methods】

The selection rate was calculated for each of the main dishes and side dishes and cooking methods offered in the restaurant's menu over a four-month period. The number of restaurant users and number of dishes served, prepared, and selected were determined using a food count control chart. Furthermore, the food selection rate was calculated by dividing the number of choices for each main dish and side dish by the number of users for each meal category of breakfast, lunch, and dinner.

【Results】

The average selection rate of main dishes was 34.5% for breakfast, 34.6% for lunch, and 39.5% for dinner, and that of side dishes was 23.6% for breakfast, 29.5% for lunch, and 32.9% for dinner. The selection rate of the main dish among breakfast, lunch and dinner, as well as the overall selection rate during the study period, differed depending on the main ingredient used in the main dish and the cooking method adopted ($p < 0.05$). Although frequency of provision of "vegetables" was the highest among the side dishes, the selection rate was the lowest, while the selection rate of "dairy products" was the highest among the side dishes.

【Conclusion】

The overall food selection rates of main and side dishes were not high. Furthermore, the findings suggest the need for a review of the dishes with low selection rates, and revealed the trend of menu choices by the athletes at a buffet style restaurant.

Keywords: athletes, food selection, selection rate