

Document

Study of the dietary environment in international multi-sport events and development of a guidebook on dietary environment

Masae YOSHINO, Aya ISHIBASHI, Nagisa INOUE, Akiko KAMEI

Japan Institute of Sports Sciences, Japan Sport Council

ABSTRACT

The importance of appropriate nutrition for maintaining a good physical condition is widely recognized. Nonetheless, the dietary environments abroad could be substantially different from the environment in Japan, so that preliminary information gathering is necessary. The Nutrition Support Group in the Japan Sports Council surveyed the dietary environments at competition venues, developed guidebooks summarizing the characteristics of various dietary environments and distributed them to sports associations for provision of information to the players and staff participating in international sports events.

We conducted a survey targeted at the staff of sports associations to collect the information needed. The contents of the guidebook were determined based on the itineraries and game schedules provided by the sports association. The information included available foods at the site, and a list of grocery stores or convenience stores and use of the dining hall in the athletes' village. In case the travel time or visit duration was long, suggestions for meal plans during the move or recommendations about the foods to carry from Japan were included. We also added anti-infectious-disease measures for wintertime competitions. These viewpoints could be useful for sports nutritionists to implement nutrition support interventions abroad.

On the other hand, the dietary environments in international multi-sport events have improved these days, for example, meals or supplementary foods are also provided on site. Therefore, flexible nutrition support or an information supplement based on the on-site-demand is required.

Keywords: dietary environment analysis, international multi-sport event, member of the Japanese national team