

Information

Nutritional Support at the 2019 ISA World Junior Surfing Championships: Focusing on Food Provision

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ABSTRACT

At the 2019 International Surfing Federation World Junior Surfing Championships, we provided meals to the athletes at their accommodation, developed the food environment at the competition venue, provided beverages and supplementary foods according to the condition of the athletes, and offered nutritional counseling. In this paper, we focus on our provision of meals at the accommodation. One JSPO sports dietitian and one registered dietitian were in charge of setting the nutrient targets and meal compositions, creating the menus, and cooking the meals. The meals were served for nine days of the Championships. Since surfing competitions start early in the morning and athletes often do not find enough time for breakfast, we planned to serve two separate meals in the morning, an early breakfast and then breakfast at the regular time. For breakfast, we focused mainly on carbohydrate supplementation. For lunch, rice balls or sandwiches were stuffed with meat, fish, soybean products, and dairy products to provide both carbohydrates and protein. For dinner, the menu was created so as to increase the number of main and side dishes, so that adequate amounts of protein, vitamins, and minerals were provided. The amount of energy supplied at dinner was $1,401 \pm 77$ kcal for male and $1,067 \pm 27$ kcal for female athletes, and the ratio to the amount of energy supplied per day was $41.0\% \pm 1.8\%$ for male and $41.9\% \pm 1.1\%$ for female athletes. The athletes managed their diets in consultation with the registered dietitians. However, since dietitians may not be able to attend all the games in the future, it was considered necessary to educate the athletes to develop the ability to improve their own food environment.

Keywords: surfing, junior athlete, nutritional support, meal provision