

Brief Report

Usefulness of consuming rice balls for high school track and field athletes

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ABSTRACT

【Objective】

We examined whether high school track and field athletes could improve their body composition and aerobic ability by eating onigiri (rice balls) immediately after completing their club activities.

【Method】

The subjects were 50 high school track and field athletes. The subjects were divided into two groups. The intervention group was given 12 weeks of intervention. The intervention was to eat a 100- g rice ball immediately after completing their club activities. The main evaluations were energy intake and macronutrient intake. Competition performance was evaluated by measuring the ventilation threshold (VT) and the maximum oxygen intake (VO_{2max}) calculated from body composition and exercise tests.

【Results】

There were 36 subjects. No significant changes in energy or macronutrient intake before and after the intervention were observed, but aerobic capacity improved independently of weight gain, which is a factor in performance.

【Conclusion】

Eating rice balls immediately after exercising has the potential to improve competition performance. The use of supplementary meals consisting of rice balls is expected to be introduced at sports sites for junior athletes.

Keywords: Rice ball, Supplementary food, High school students, Junior athletes