

Brief Report

# Dietary behavior and dietary consciousness among competitive amateur runners

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## ABSTRACT

### **【Aim】**

The aim of this study was to investigate dietary behavior and dietary consciousness among competitive amateur runners and to understand their dietary habits.

### **【Methods】**

An interview survey was conducted at a marathon venue, at which 199 runners participated in the Citizen Marathon, and 171 respondents (effective response rate, 85.9%) were included in the analysis. First, all the items were simply tabulated (whole group). Next, we divided the participants into two groups of full marathon runners (FM group) and other runners participating in races of 10 km or less (SR group) and compared dietary behavior and dietary consciousness between the two groups.

### **【Results】**

In the whole group, 84.8% of the runners ate breakfast every day; 73.1% of the runners ate meals consisting of grains, fish and meat, and vegetable dishes; and 31.6% of the runners used supplements. When the FM and SR groups were compared, the amount of staple food consumed before the race differed significantly ( $P < 0.05$ ), and the respondents in the FM group reported that they had increased their consumption of staple food on the day before the race. A significant difference in the responses regarding usual dietary consciousness was also observed between the two groups ( $P < 0.05$ ), and significantly fewer participants in the FM group responded that their usual dietary habits were important.

### **【Conclusion】**

These results demonstrated that full marathon runners are more likely to increase their consumption of staple food before a race and less likely to respond that their usual dietary habits were important, compared with runners participating in races of 10 km or less.

**Keywords:** dietary habit, nutrition information, glycogen loading