

DIETARY ANALYSIS FOR ATHLETES: USING A 24H RECALL TO ASSESS PERFORMANCE NUTRITION

Introduction

Several valid methods exist to analyze dietary intake, one of which is a 24h recall. While it has its limitations, the 24h recall is beneficial for work with athletes since it doesn't require individual recording by the athlete (as with a 3 day food record), is relatively quick, especially when administered digitally, and can give specific feedback on dietary intake a specific timepoint (ie: day before a game).

In this exercise, you will conduct a 24h recall for an "athlete" using a digital 24h recall designed to provide a report for daily intake as well as sports nutrition occasions (pre-during-post activity).

Materials:

Nutrition Recommendations for Team Sports (PDF) - below

Nutrition Recommendation for Endurance Sports (PDF) - below

Thomas DT, Erdman KA and Burke LM. American College of Sports Medicine Joint Position Statement. Nutrition and Athletic Performance. Med Sci Sports Exerc. 2016;48(3):543-68.

Part 1a:

Choose a lab partner to use as your "athlete". Ideally use somebody who works out regularly. Gather the following information:

Height (in)	
Weight (lbs)	
Age	
Type of athlete/sport	

Part 1b:

Utilizing the DATA tool on GSSIweb.org, conduct a 24-hour recall, on a day after physical activity was performed (plan ~30-40 minutes to complete this exercise). Include the final report from DATA when submitting your assignment.

Part 2:

Assuming your athlete's goal is high performance, how well is he/she meeting dietary recommendations for a team sport or endurance athlete, for both all-day nutrition and before-during-after activity? What suggestions do you make to better meet the recommendations?