

DIETARY ANALYSIS TOOL FOR ATHLETES

Time to complete: 15-20 minutes

Advise the athlete to think about the time they woke up yesterday until the time they went to bed. During that 24-hour period, you will ask the athlete to recall everything they ate and all exercise sessions. As the interviewer, we advise that you familiarize yourself with the tool, particularly the serving size guides, before administering to an athlete. Familiarization will improve the user experience and results.

Go to: <https://data.gssiweb.com/data>

Step 1: Enter athlete background information

Step 2: Guide the athlete through the training/competition and recreational exercise portion of the tool

- The athlete will first be asked to report all training sessions or competitions for the day. In the next screen the athlete can report any additional recreational activities.
- By clicking on the words, select the time, duration and type of exercise.

Step 3: Enter Food/Drink/Supplement intake during exercise

- Click “Add Meal During Exercise”
- Select the exercise session during which the athlete consumed foods and/or fluids, then click “Add Meal Item”.
- Intake items categories are listed as fluids, foods and electrolyte replacements. You can also link to the larger database to find additional items.
- Serving size guides are provided. Read carefully the reference serving for each item you choose, and estimate the amount of food/fluid consumed as closely as possible. You will have the ability to enter partial servings.
- While our database is very large, there may be certain products missing. If this occurs, you may enter the nutrient profile for a specific food/drink/supplement within the “other” category. Enter as much information as you have about the item.
- Once all items are entered, click “Next”.

Step 4: Begin the 24-hour dietary recall portion of the tool

- Ask the athlete to report intake of every snack and meal
- For each, select start time, duration, and location by clicking on the words
- Clicking “Accept” will allow you to enter the food items
 - To help find the specific items, foods and drinks are broken down by plate/bowl, cup/bottle, package, and sports products.

- Serving size guides are provided. Read carefully the reference serving for each item you choose, and estimate the amount of food/fluid consumed as closely as possible. You will have the ability to enter partial servings.
- While our nutrient database is very large, there may be certain products missing. If this occurs, you may enter the nutrient profile for a specific food/drink/supplement within the “other” category. Enter as much information as you have about the item.
- To continue to add items for one meal or snack, click “Add Meal Item”.
- Once all foods and drinks are entered, click “Next”
- You will be prompted to ask the athlete to make sure they haven’t forgotten any categories. If the athlete is confident he/she remembered all items, click “I have not forgotten any of these”
- Repeat the process for all snacks and meals. You will be given an opportunity at the end to make changes
- After all snacks and meals are entered, click “Next”

Step 5: Ask the athlete to review the items they reported and indicate if any may be missing. You will have the opportunity here to go back and edit any information

Step 6: When the athlete is satisfied he/she hasn’t forgotten any foods or drinks, click “Finished”. Upon completion, you will receive a report detailing total daily intake of macronutrients and select micronutrients as well as a breakdown of intake pre-, during- and post-exercise