

Activity: Nutrition Assessment for an Athlete

Introduction

Several valid methods exist to analyze dietary intake, one of which is a 24h recall. While it has limitations, the 24h recall can be 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). However a 24h recall is not the method of choice when looking at patterns of intake over several days.

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

[Dietary Analysis Tool for Athletes \[DATA\]](#)

Part 1a:

Choose an individual to use as your "athlete", ideally use somebody who is actively training or works out regularly. If you do not have someone to interview, you can complete the recall on yourself. Gather the following information:

Gender _____ Age _____ Height _____ Weight _____

Sport/Activity _____

Season (in-season, off-season or regular training) _____

Type of Athlete (beginner, fitness, recreational, competitive, elite/professional) _____

Activity level excluding training (sedentary, light, moderate, heavy) _____

Part 1b:

Utilizing the [DATA](#) tool on GSSIweb.org, conduct a 24-hour recall on a day after physical activity was performed. You can login to the program as a guest. The interview can be done over the phone or video chat. Plan ~30-40 minutes to complete. Include the final report from DATA when submitting your assignment.

Part 2:

1. How well does your athlete's calorie intake match his/her estimated energy expenditure? This value is calculated using validated equations, taking into account their training session.
2. Assuming your athlete's goal is high performance, how well is he/she meeting dietary recommendations for carbohydrate and protein, for both all-day nutrition and before-during-after training? Do you suggest any changes to better meet the recommendations and energy needs?