NUTRITIONAL ASSESSMENT of ENDURANCE ATHLETE

groups. Calcium, fruits, and vegetables are seen amongst athletes. To maintain
According to (Coutinho, 2016), “lipid and protein intakes corresponds to
occur by consuming a supplement or introducing milk into the diet. This
should be increased ten-fold to supply proper bone growth. This could
percent, and continue consumption of foods high in protein and lower in
subject should increase carbohydrate consumption by at least 10
moderate in fat. Foods included eggs, lean meats, potatoes, and various
dairy products. Caloric intake totaled to be 2775.4 kcals. Diet should
include fruits and vegetables. Food eaten on the day that was closest to the
recommendations included foods high in protein and moderate in fat. Foods included eggs, lean meats, potatoes, and various

Highest caloric intake was 3893 kcals. This occurred during the first day of
consumption. Average caloric distribution was 2715 total kcals compared to the recommended AMDR value of 3111 kcals per day. Consumed calcium and iron levels were considerably low compared to the DRI. Food eaten on the day that was furthest away from recommendations included a low percentage of daily carbohydrates that were high in fat and protein. Food groups included lean meats, cheeses, and leafy green vegetables. Subject also ate calorie deficient foods such as candy and cake. Total caloric intake totaled to be 2175.8 kcals. Diet should include fruits and vegetables. Food eaten on the day that was closest to the recommendations included foods high in protein and moderate in fat. Foods included eggs, lean meats, potatoes, and various
dairy products. Caloric intake totaled to be 2775.4 kcals. Dietary
maintenance should include high protein and whole foods groups.
Unnecessary empty calories such as cake and candy should be removed from the diet all together. Compared to the recommended values, the
subject should increase carbohydrate consumption by at least 10 percent, and continue consumption of foods high in protein and lower in
fat content. 1000 mg of calcium was recommended. Calcium content
should be increased ten-fold to supply proper bone growth. This could
occur by consuming a supplement or introducing milk into the diet.

According to (Coutinho, 2016), “lipid and protein Intakes corresponds to
recommendations for both sexes; however, insufficient intakes of calcium, fruits, and vegetables are seen amongst athletes”. To maintain
proper nutrition, the subject should increase daily amounts of these food
groups.

Highest caloric intake for a day recorded was 2540 kcals. Average
caloric distribution was 1948 total kcals compared to the recommended
AMDR value of 3111 kcals per day. Calcium and iron content remained
low compared to the DRI. Highest calcium consumed in 1 day was 33 mg
and iron at 120 mg. Food eaten on the day that was furthest away from the
daily recommended values included a high intake of fat content. Food groups included fast food products, and processed foods. Total
kcals consumed for this day were 1370. This day lacked proper nutrition
and dinner was obsolete. This event could have occurred due to time
restraints. Food eaten on the day that was closest to the daily
recommended values included percent distribution for carbohydrates being 35%, for fats 44%, and for protein 20%. Food groups included lean
meat, red meat, and potato-based products. Dinner was absent for this
day. To ensure better days occur, higher carbohydrate intake should
occur through the consumption of leafy green vegetables and healthy
fruits. Less fat should be consumed, and no meals should be skipped.
The subject appeared farther away from the recommendations in the
second week. This could have been due to time restraints or lack of interest to remain healthy.

Overall, week one carbohydrate intake was higher than any other day
that occurred over a two-week period. Mean carbohydrate intake for
week one peaked at 1600 kcals. (Figure 4) The lowest mean number of
kcals for week one occurred during days two and four and was near
800 kcals. Week two mean kcals for carbohydrates began around 700
and rose during day 2 of login. Carbohydrate intake lowered throughout the events of week two. Food groups consumed during both
week one and two contained very low amounts of carbohydrates and
were high in fat and protein. The subject’s diet should include higher
volumes of healthy carbohydrate-filled food groups.

All in all, the subject did not meet his estimated caloric need, which
was 3,111 kcals per day, any throughout the two week period. With
that being said, each macronutrient group lacked as well. Since the
subject is an athlete, all macronutrients are important; however, protein is one more focused on. According to (Phillips, 2011), “Our
consensus opinion is that leucine, and possibly the other branched-chain amino acids, occupy a position of prominence in
stimulating muscle protein synthesis.” The subject is also burning a
number of calories in his estimated one-hour of exercise per day;
therefore, eating enough food is highly significant. According to
(Cotugna, 2005), “Nutritional needs for peak athletic performance
include sufficient calorie intake, adequate hydration, and attention to
timing of meals.” The subject lacked water intake, as well as timing
out his meals correctly; moreover, if he was to focus more on his
nutritional health, his athletic performance could enhance.

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