

Abstract

TITLE OF THESIS:

Nutrition habits analysis in triathlon in elite youth categories.

OBJECTIVES OF THESIS:

The aim of this diploma thesis is to create a seven-day model nutrition plan for elite triathletes aged 15 – 18 based on an analysis of their current eating habits and anthropometric indicators together with verification of the effectiveness of nutritional recommendations after six months of compliance.

METHODS USED:

In our thesis we used qualitative and quantitative methods. Microsoft Excel was used for the graphical representation of anthropometric indicators and for the analysis of the current diet. Furthermore, the Sportvital-Nutrition program helped us in our work, especially in the analysis of meal plans of the monitored group.

RESULTS:

We found that the percentage of nutrients ingested by the monitored triathletes is on average 49 : 32 : 19 % (carbohydrates : fats : proteins), which does not correspond to the recommendations in the field of nutrition in endurance sports for youth categories. They do not even meet the correct ratio of fatty acids ingested fats according to the recommendations of the World Health Organization. Only three triathletes met the recommendations of PUFA intake, five triathletes met the recommendations for MUFA intake and no triathlete met the lower limit for SFA intake. Five of the seven athletes in the group have a negative energy balance, which could be a potential problem in the future. All these nutritional errors were revealed by a retrospective analysis of their meal plans.

KEY WORDS:

Triathlon, nutrition, diet, youth categories, body composition analysis.