

Is the nutrition of the Czech badminton representatives adequate?

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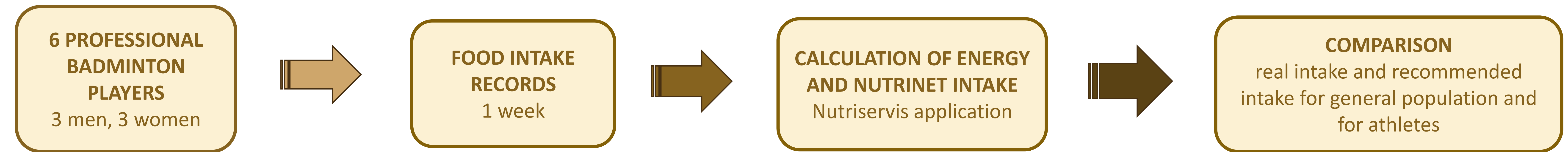
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INTRODUCTION

Badminton is one of the most popular sports, especially in Asian countries. There is a lot of literature focusing on tactical, technical and physical training of badminton players. Unfortunately, there is a lack of information about the proper nutrition of professional badminton players.

The **aim** of this work was to compare real and recommended energy and nutrients intake of the Czech professional badminton players.

EXPERIMENTAL



RESULTS & DISCUSSION

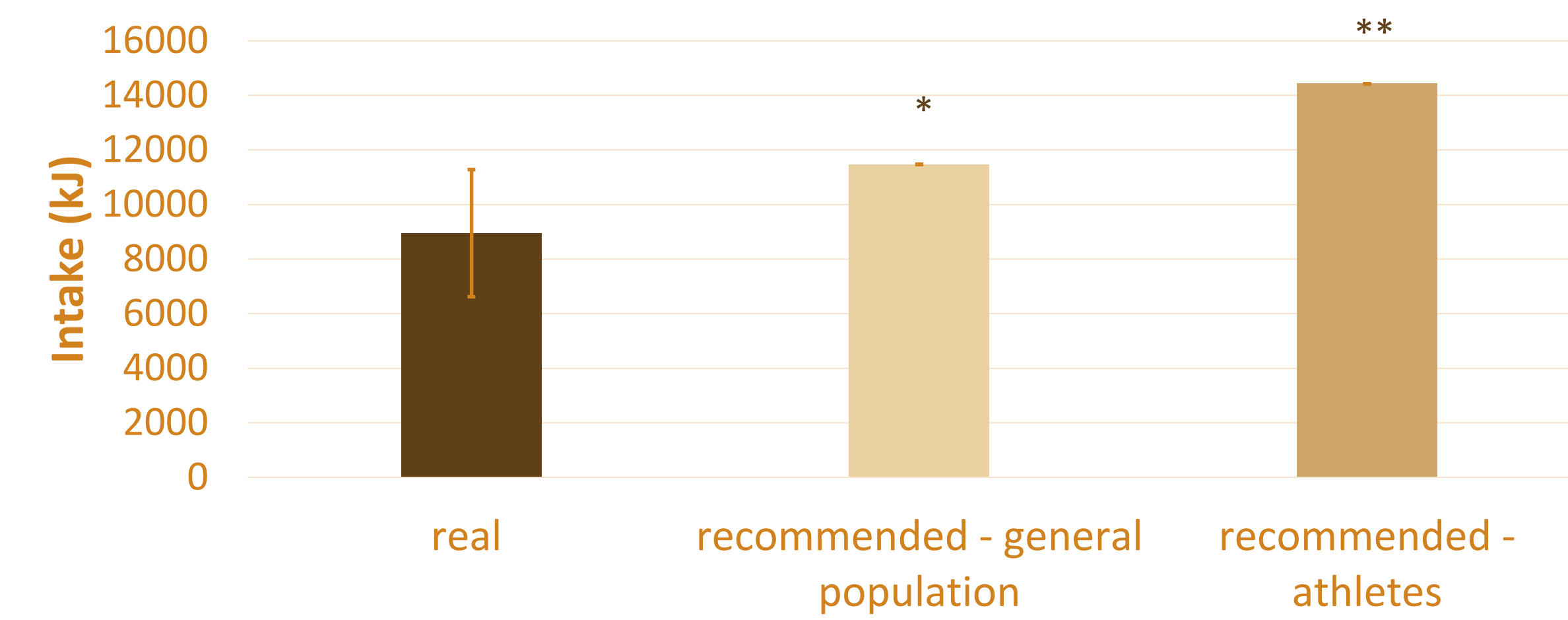


Figure 1 Energy intake

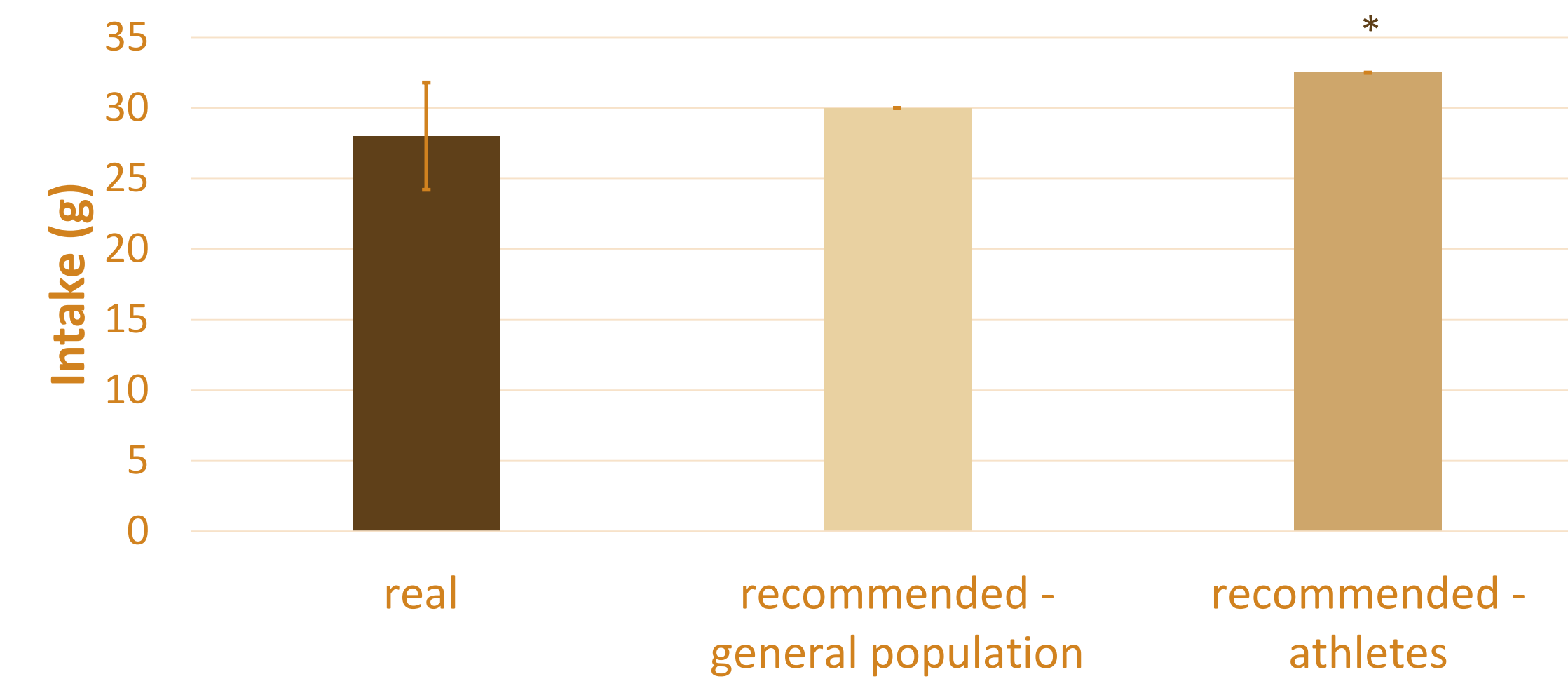


Figure 3 Fiber intake

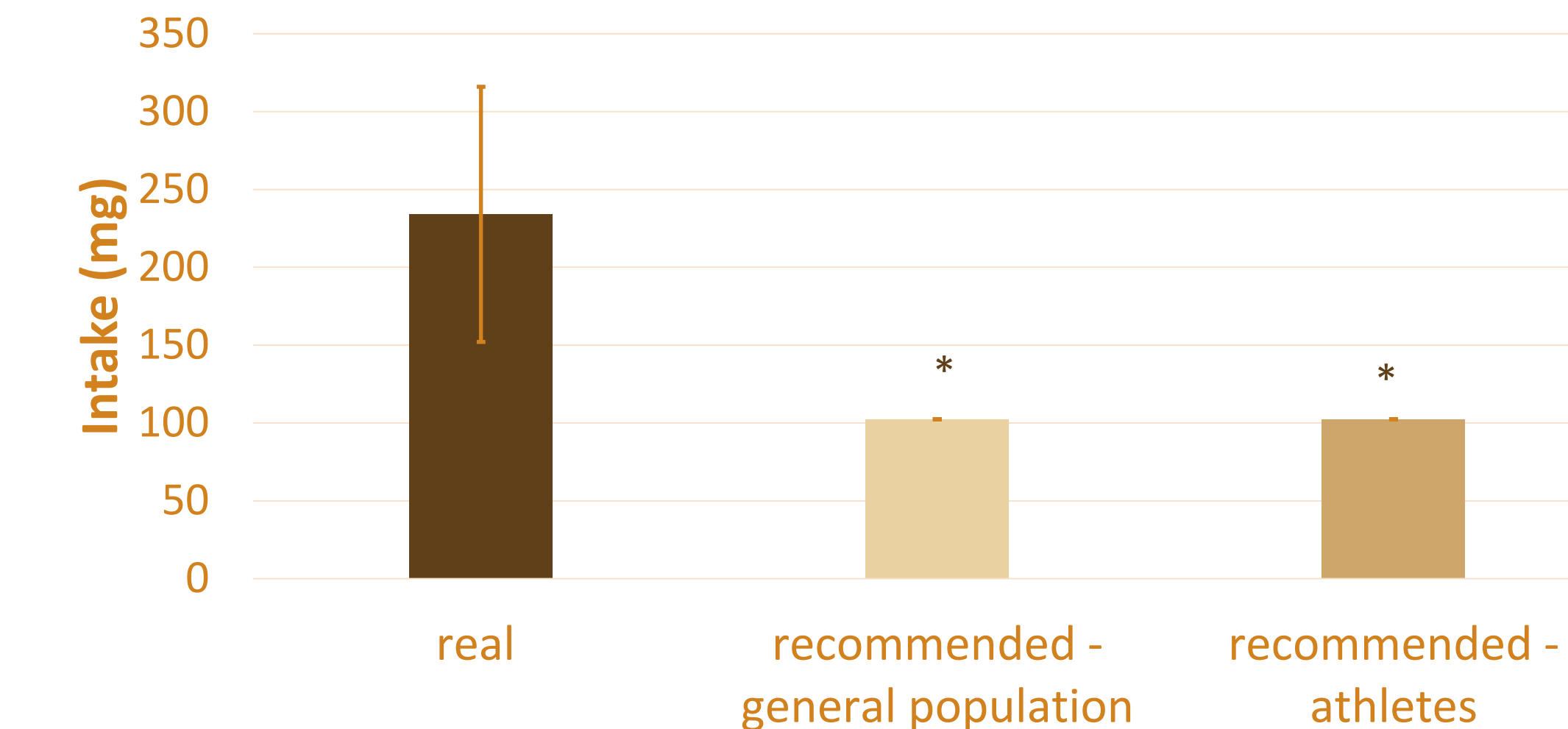


Figure 4 Vitamin C intake

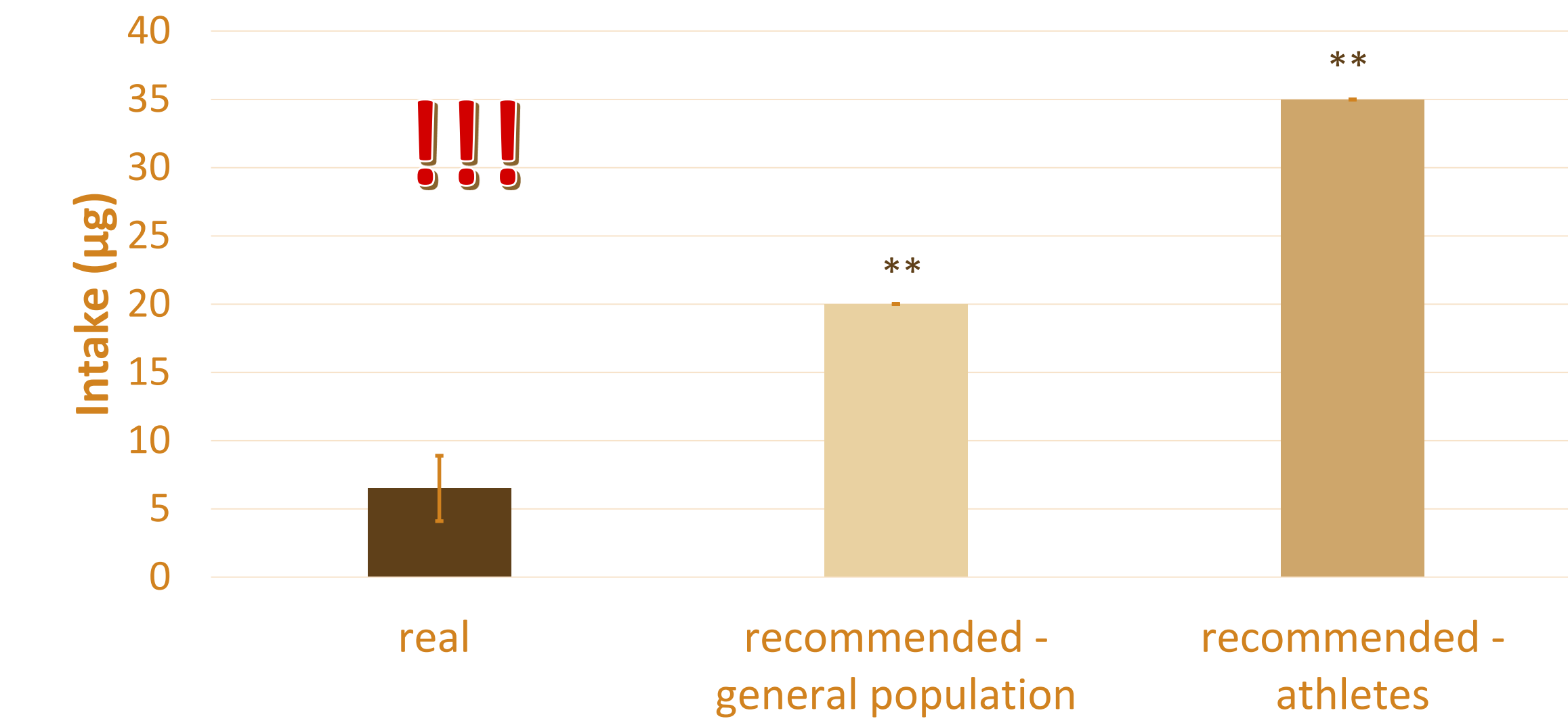


Figure 5 Vitamin D intake



Figure 2 Macronutrient intake

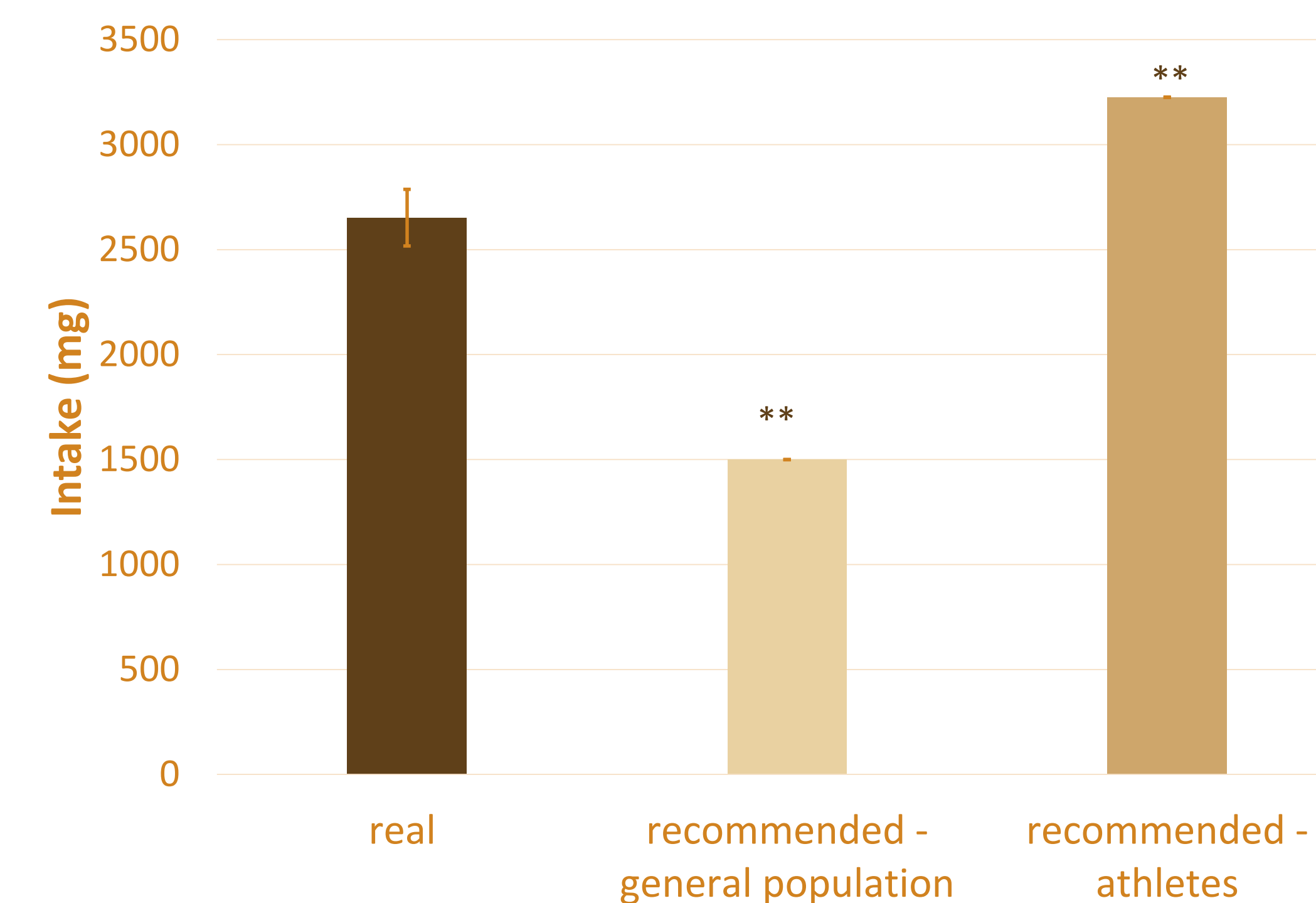


Figure 6 Sodium intake

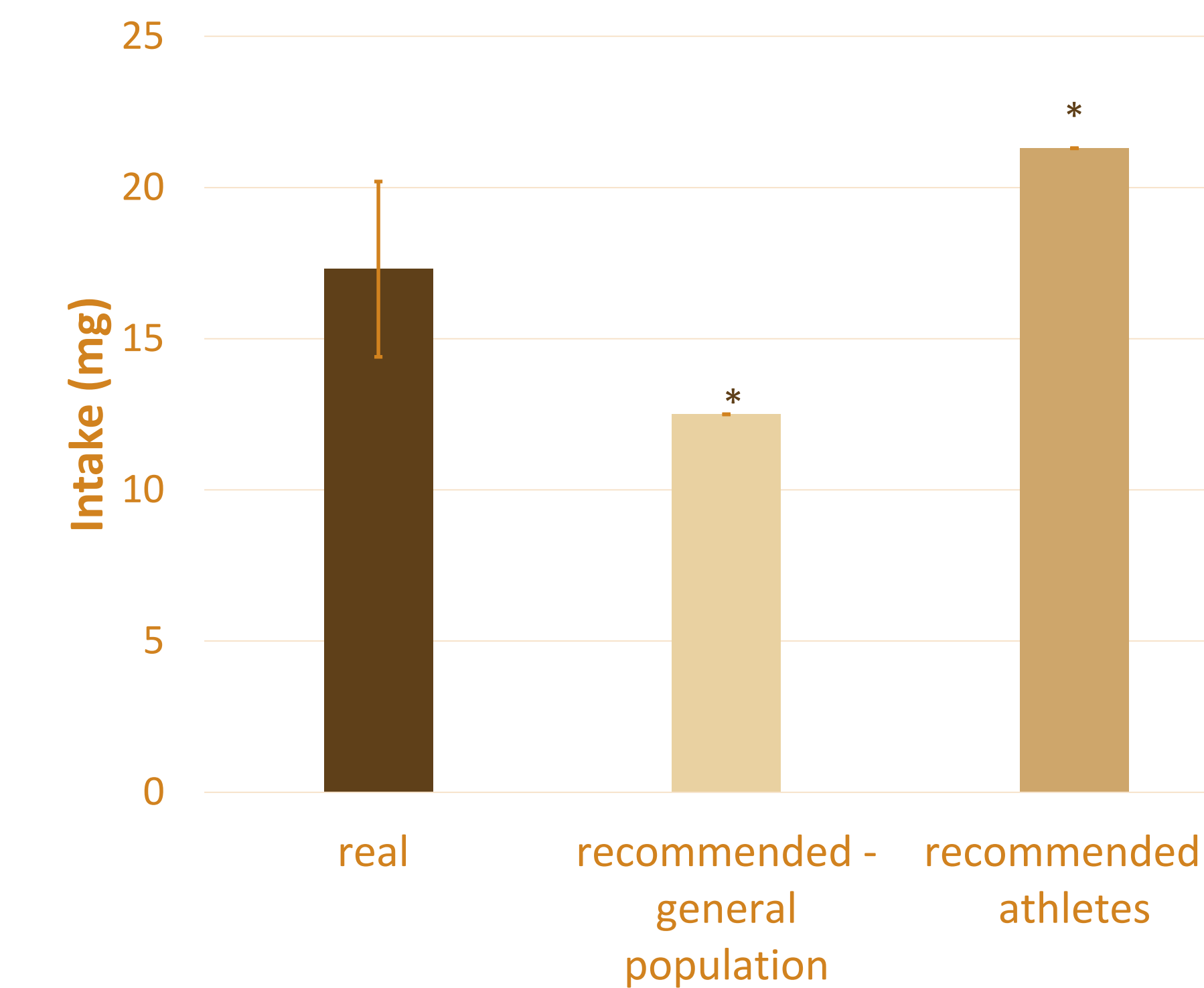


Figure 7 Iron intake

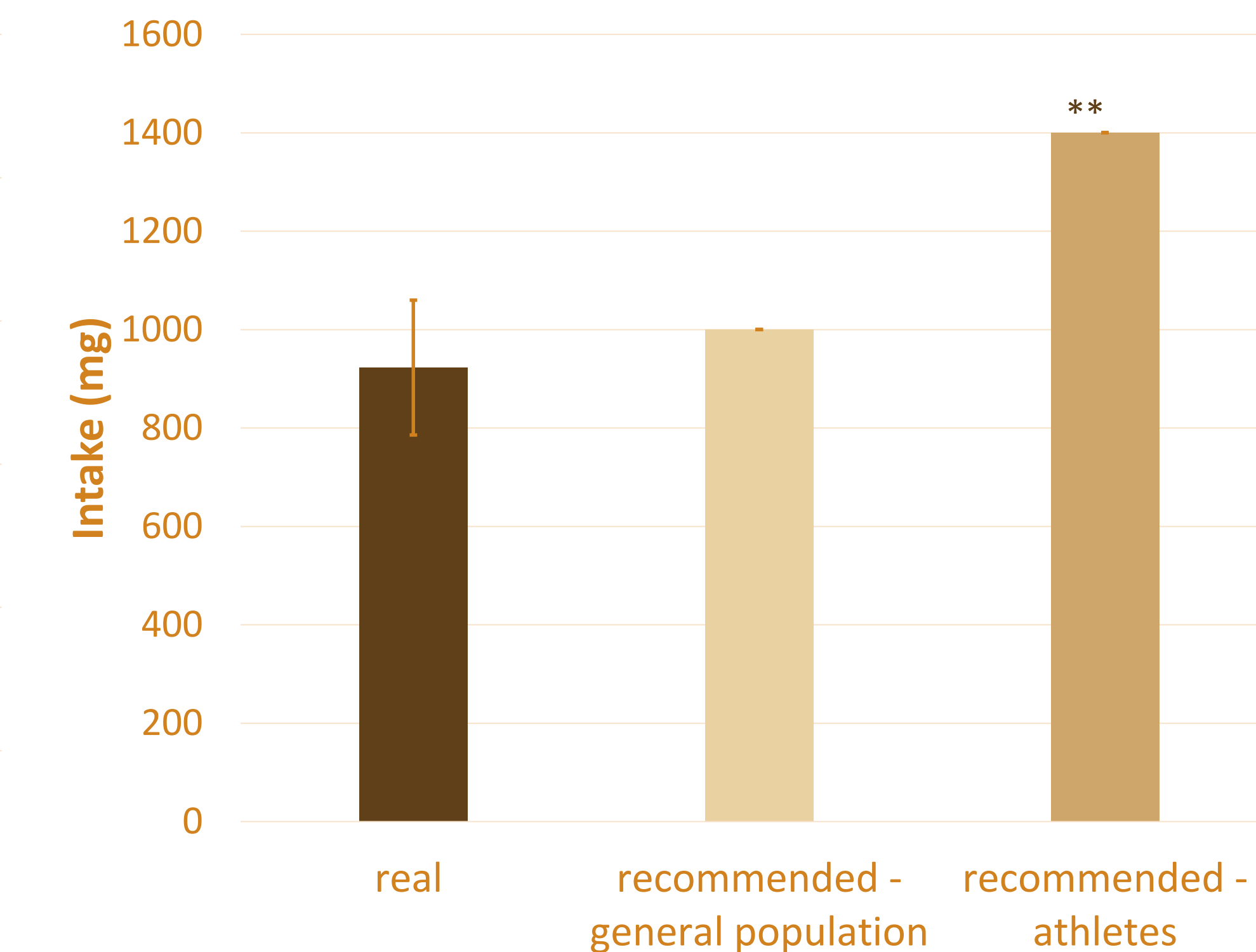


Figure 8 Calcium intake

*,** indicate significant differences between real and recommended intake
*p < 0.05
** p < 0.01

CONCLUSIONS

- Energy and nutrient intake of the Czech badminton representatives **corresponded** (except **vitamin D**) to the recommended intake of the general population
- Energy and nutrient intake of the Czech badminton representatives **did not corresponded** to the recommended intake of the athletes (inadequate intake of **energy, carbohydrates, fiber, vitamin D, sodium, iron and calcium**)