49 - NUTRITIONAL PROFILE OF MANY MODALITIES ATHLETES OF THE CITY OF JOÃO PESSOA PB THAT COMPETE IN A NATIONAL LEVEL

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INTRODUCTION

The nutrition is a determinative component in the regulation of the metabolic processes of human beings. In athletes, where these processes are more demanded, the nutrition is admittedly a determinative factor in the sportive success. The bioavailability of the macro and micronutrients are the factors that intervene directly in the fatigue, recovery and adaptation to loads of trainings (Saris and Van Loon, 2004).

The literature alert the trainers that the performance is consequence of multiple factors, that surpass what occurs in training environments (Almeida et al, 2000). This implies that the modern trainer must be worried about what he happens with the athlete inside his training environment, but with equal care about his habits and behaviors in other environments where the athlete coexists. Amongst these habits, the alimentary behavior is a determinative factor in the relation between load of trainings and energy substratum for the same one.

Although the nutritionist is admittedly one of the members of the technique commission in a modern multidiscipline vision (Tubino, 2003; Dantas, 2003), we observe that in the teams daily practice of the northeast region, this literary indication was not yet adopted.

This had reflected in a small volume of scientific studies approaching the nutritional athlete behavior of the region. National level publications exist, but the majority isn't recent and approaches only some sports separately (Rebels et 1999; Sardine, 2002; Vilardi et al, 2001; Kazapi and Zaneti, 1998). International literature presents more recent publications, but only with some few sports (Ruiz et al, 2005; Gutierrez et al, 2005; Farajan et al, 2004; Onywera et al, 2004; Paschoal and Amancio, 2004; Juzwiak and Lopez, 2004).

This works, however, beyond approaching this thematic for exclusive modalities, do not present possible differences in the nutritional profile of athletes of different modalities, as well as the influence of the social - economic levels are not evidenced.

In this way, the objective of this study was to trace the nutritional profile of paraibanos athletes of karate, beach volleyball, soccer and swimming athletes, whose level qualifies them to compete in national championships. The characteristics of each modality had been investigated, such as its intrinsic cultural aspects, the social-economic level and how these variables influence the alimentary behavior of the athletes. These informations are important for nutrition professionals who act in the area of sports nutrition.

METHODOLOGY

The study was about a descriptive and correlational transversal study, carried through with athletes of the metropolitan region of the city of João Person, who participate of national level competitions. 66 citizens had been interviewed, being 50 men and 16 women, with age between 13 and 34 years (average of 20,8, ±6,2), practitioners of the swimming modalities (n=11), athletism (n=15), karate (n=16), beach volleyball (n=9) and professional field soccer (n=15). All trained at least with a 3 and in the maximum 12 times per week frequency.

Aiming the contact with the athletes, first the coach of the team was approached, with the objective to explain the objectives of the research. After the approval given by the technician, set appointments were set with the athletes for clarification of the procedures and authorization of the same ones or the parents, by means of signature of the term of free and clarified assent, as resolution 196/96.

After this, appointments were set with the athletes for application of the questionnaire. This had as objective getting the answers of clear form and needs, without confusing the activities of the subjects, respecting the time of these. Generally the interview took place before or after the trainings, since the athlete at the moment of the setting certified that he/she would have at least 30 minutes free.

The used instruments had been a 24-hour modified recordatory, an inquiry of alimentary frequency (Mahan and Escott-Stump, 2002) and a questionnaire for data collection with sights to the calculation of the factorial total energy value (TEV), being considered the total values of energy expense in different activities (FAO/OMS/ONU, 1985). Moreover, it was used a questionnaire for verification of social-economic aspects, nutritional orientation, anthropometric data and relative information to the training.

The subjects had been evaluated using the calculation of Total Energetic Value (TEV) - in Simplified and Factorial forms (FAO/OMS/ONU, 1985). The Ingested TEV was esteem through the Santé program, developed by the Nucleus of Studies and Technology in Biomedical Engineer (NETEB) & Department of Nutrition of the Federal University of Paraíba (UFPB). Whenever necessary, additional information had been gotten in the Table of Chemical Composition of Foods (Frank, 2002) and in the Brazilian Table of Food Composition of the USP (tbcausp). It was adopted as normoglicidic diet, an ingestion of 5 the 10 g/Kg/day. For normoproteic, the 1,2 1,8 g/Kg/day was adopted, whereas for the fats, was considered that the ingest was adjusted when the citizens consumed up to 1 g/Kg/day (Line of direction of the Brazilian Society of Medicine of the Sport, 2003).

For determination of the caloric balance, it was considered that the citizens would be classified with normocaloric diet when the ingestion was between 95 and 105% of the TEV. With this intention the method of the factorial TEV was adopted as reference.

The corporal weight and the stature had been taken by the cited values. Studies show that people relate weight and stature similar to the gotten ones for anthropometric tests (Farias Junior, 2004; Willet, 1998) and, moreover, the athletes are citizens affected by constant anthropometric evaluations.

To collect the data referred to the familiar income, the athletes had been requested to add the income of all the citizens of the residence, and to answer for the following bands of wage: less than 1 minimum wage; of 1 the 3 wages; of 3 the 5 wages; of 5 the 10 wages; e more than 10 wages.

Related to the nutritional orientation was questioned who had made the recommendation, how long it occurred (less than 1 year; of 1 the 2 years; of 2 the 3 years and more than 3 years), or if this orientation was given in a continued way.

The data had been treated through descriptive statistics and had been carried through tests for verification of the normality of the data (Smirnov - Kolmogorov). Depending on the variable in question the T-Student tests for pair uped samples or the test of Qui - Squared had been used, for a level of significance adopted of 5%.

RESULTS AND DISCUSSION

None of the teams had a nutritionist in its technique commission. From the 66 investigated citizens, 15.2% (n= 10), had affirmed to search orientation with a professional of nutrition by himself. On the other hand, the majority of the athletes (84.8%), train without receiving any nutritional professional support. Table 1 presents the social-demographic and training data of the studied sample, which serves as parameters for interpretation of the results of this study.

TABLE 1: Social-demographic data and frequency of training of the sample.

MODALITY	n	Average of age (years)	Weekly training frequency	Income (minimum wage - MW) %				
				until 1	1-3	3-5	5-10	>10 MW
Swimming	11	16,6	6 - 12	0	9,1	0	63,6	27,3
Athletism	15	19,1	3 - 6	13,3	40	33,3	13,3	0
Karate	16	16,2	3	18,8	81,2	0	0	0
Beach Volleyball	09	26,9	12	0	0	22,2	55,6	22,2
Soccer	15	26,2	8	0	6,7	26,7	20	46,7

The study of the TEV resulted respectively in 3048 values of Kcal (± 683,8) and 3206 Kcal (±682,2) for the simplified and factorial TEV´s. This difference revealed statistically significant (p = 0,020). In fact, these methods have a estimative character. Gold stand for evaluation of this variable has been the isotopically marked water (Scagliusi, et al, 2005; Stellaard, 2005).

The athletes presented with a caloric ingestion (ingested TEV) of 3860 Kcal (±1396,1), what revealed significantly higher that its necessities in relation to the factorial TEV (p = 0.001), or simplified (p= 0,000). These data corroborate with other studies that show hipercaloric diet (Almeida and Soares, 2003; Williams, 2002), but a greater volume of publications shows a hypocaloric situation between athletes (Diretriz da Sociedade Brasileira de Medicina do Esporte, 2003).

Attention for the great shunting line-standard must be called for this variable. For this reason the athletes had been analyzed of individual form, with the data disclosing that almost one third of the sample (31.8%), presented a hypocaloric diet. Amongst the others, 57.6% had hipercaloric diet and only 10.6% of the athletes had shown to be consuming a normocaloric diet.

The hypocaloric ingestion was particularly more evident in the soccer modality, with 60% of the athletes in this situation (Table 2), while in the athletism a greater percentile of athletes with hipercaloric ingestion was found (80%). This represents a paradox, a once the biggest bands of familiar income had been found between the soccer players (Table 1). However, this high caloric ingestion of athletism can be justified by the great food consumption with high energy density.

Table 2: Adequacy of caloric ingestion by modality.

Modality	**n**	**Hypocaloric Diet (%)**	**Normocaloric Diet (%)**	**Hipercaloric Diet (%)**
Swimming	11	36,4 (n = 4)	9,1 (n = 1)	54,5 (n = 6)
Athletism	15	6,7 (n = 1)	13,3 (n = 2)	80,0 (n = 12)
Karate	16	25,0 (n = 4)	18,8 (n = 3)	56,3 (n = 9)
Beach Volleyball	09	33,3 (n = 3)	11,1 (n = 1)	55,6 (n = 5)
Soccer	15	60,0 (n = 9)	0,0	40,0 (n = 6)

Attention for the fact that in no modality had a predominance of normocaloric ingestion still must be called of. This shows that this incongruence persists even in the different cultural contexts that characterize these modalities.

A hypo or hipercaloric diet reflects one real possibility of damages for the preparation, the performance and even the health of the athlete. These incongruences can be explained by little nutritional orientation that the athletes receive (Camões et al, 2004). For this reason, the presence of nutrition professionals composing the technique commission reveals great importance, considering that in the high sporting level, small differences in the quality of the preparation of the athlete make great difference in the results of the competitions.

Adequacy of macronutrients: The sample presented averages of ingestion of macronutrients, divided of the following form: 9,4 g/Kg/day of glicidies (±5,1), 2,7 g/Kg/day of protidies (± 1.1), and 1,6 g/Kg/day of lipidies (± 0,7). This represents a normoglicidic, hiperproteic and hiperlipidic diet (Williams, 2002; Araújo Júnior et al, 2005). However, as well as for the caloric ingestion, the shunting line-standard indicates a great variability in the sample.

When analyzed by the different modalities, diet started to be hyperglicidic for athletism and karate, with all the modalities keeping hiperproteic and hiperlipidic ingestion (Table 3).

Table 3: Distribution of the macronutrients in the diet of the athletes

MODALITY	GLICIDIE	PROTIDIE	LIPIDIE
Swimming	6,3 (±2,7)	2,2 (±1,0)	1,4 (±0,8)
Athletism	12 (±5,9)	3,2 (±1,2)	1,7 (±0,8)
Karate	12,2 (±5,9)	3,3 (±1,0)	1,8 (±0,6)
Beach Volleyball	7,8 (±2,8)	2,3 (±0,6)	1,7 (±0,8)
Soccer	7,2 (±2,8)	2,2 (±0,8)	1,3 (±0,4

When the analysis for glicidies, protidies and lipidies was made in a individualized way, was perceived that only half of the sample presented a well balanced ingestion for glicidies and about 20% presented well balanced ingestion of lipidies and protidies (table 4). Besides this, was noticed that only 4.5% of the sample (n = 3), presented a normal distribution for the three macronutrients at the same time.

Table 4: Adequacy of the macronutrients in the studied sample.

NUTRIENT	LOWER (%)	NORMAL (%)	ABOVE (%)
GLICIDIE	15,2	51,5	33,3
PROTIDIE	3,0	19,7	73,3
LIPIDIE	***	21,2	78,8

*** The adequacy for lipidies does not have a band that allows the classification in hipolipidic. The value of reference is 1 g/Kg/day, in way that only values above of this are considered excess in the ingestion.

Sportive training has another characteristic, that is the presence of training phases, that can have periods of basic, specific or competitive preparation, as the methodological theory of Matveiev, or alternative contemporaries models, as trainings in block of Verkorshansky, pendulum of Aroseiev, amongst others (Of Pink la, 2001). In any of these models a predominance of strength training occurs, resistance, speed or predominance of technician x physicist x tactician trainings, each one demanding the alactic, lactic or aerobic metabolism more than anaerobic. This implies in differentiated necessities of macronutrients for these moments, situation that can only be technically decided by a nutritionist following the undulations in training loads.

Frequency of meals: According to the 66 citizens of the sample, only 01 related not to have breakfast. This one, and the rest of the subjects had excessively affirmed having lunch and dinner daily. Regarding the recommendation that athletes make at least 03 small meals between the main ones (citation), only 27.3% adopted three snacks per day. The majority (66.6%) makes snacks one or two, whereas 4.5% do not make any snack.

Differences of this variable had been perceived in accordance with the modality. In table 5, it is observed that the soccer group presented a great percentage of athletes with only one snack per day (73.3%). As shown previously, a great percentage of the subjects of this modality presented a caloric ingestion below the recommended one. The absence of these snacks is one of the factors that explain this hypocaloric condition.

Table 5: Frequency of snacks in the studied sample

Modality	N	None (%)	1 snack/day (%)	2 snacks/day (%)	3 snacks/day (%)	4 snacks/day (%)
Swimming	11	0	27,3	27,3	36,4	9,1
Athletism	15	13,3	20,0	46,7	20,0	0,0
Karate	16	0	25,0	37,5	37,5	0,0
Beach Volleyball	09	11,1	0,0	33,3	55,6	0,0
Soccer	15	0	73,3	26,7	0,0	0,0

Socio-economic-cultural factors: The inquiry of the nutritional quality associate to the social - economic level of the sample disclosed absence of correlation between these variables. The qui squared test showed a value p = 0,325 for the relation between familiar income and adequacy of the caloric balance. The same occurred for the adequacy of the glicidies macronutrients (p=0,284), protidies (p=0,644) and lipidies (p=0,497). Even when the adequacy of the caloric balance was tested in function of the parents formation, also was not found correlation between formation of these in courses of the health area with better nutritional adequacy of the athletes (p = 0,485).

A correlation test was carried through taking in account only the athletes who had affirmed receiving orientation from nutritionist (n=10). Correlation between receiving or not orientation from nutritionist and adequacy of caloric balance was not found (p = 0,467). Of the 10 athletes who had affirmed to receive orientation, 03 presented hypocaloric diet, 07 were with hipercaloric diet, and none of them presented adequate caloric balance.

For us, these data not only indicate the necessity of nutritionists tracing orientation to the athletes, as well as following throughout their seasons of training, carrying through constant inquiries of alimentary habits and correcting them whenever necessary.

CONCLUCIONS

The high average found of caloric ingestion, needs to be understood with caution, once that showed a great variability in data and a great percentage with inadequacy in the caloric balance and distribution of the macronutrients, exactly when the data had been adjusted by social-economic and educational level.

The alimentary adequacy of athlete must be assured by the presence of nutritionists following day-by-day the routine of training with constant evaluations of its nutritional state, knowing that the diet must follow the undulations in loads and the phases of training.

Additional studies must be carried through, to investigate depthly the significant difference that was found between the factorial and simplified TEV´s. Moreover, the consequences of a Hypo or hipercaloric diet also need to be understood. We propose an inquiry of these consequences in the athletes performance, as well as the impact of a hipercaloric diet in the percentage of fat and sanguineous lipidic profile of these and other athletes.

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NUTRITIONAL PROFILE OF MANY MODALITIES ATHLETES OF THE CITY OF JOÃO PESSOA - PB THAT COMPETE IN A NATIONAL LEVEL

ABSTRACT

The objective of this study was to determine the nutritionals characteristics of athletes of the city of João Person who compete in national level. A sample of 66 athletes was constituted, being 50 men and 16 women, from the swimming modalities (11), athletism (15) karate (16), beach volleyball (09) and soccer (15). They had been submitted to an interview, had completed a recordatory of 24h and an inquiry of alimentary frequency. The data had been treated through descriptive statistics and by means of the qui-square, with level of significance adopted of 5%. Average values of caloric expense had been observed from 3048 Kcal (± 683,8) to 3206 Kcal (± 682,2), for the simplified and factorial forms respectively, with statistical significant difference between these two methods (p=0.020). The caloric ingestion was of 3860 Kcal (DP= 1396.1). Although the diet had a hipercaloric average, 31.8% of the citizens presented hypocaloric diet. The macronutrients were distributed like this: 58.5% of glicidies (± 9,0), 17.7% of protidies (± 4,4), and 23.8% of lipidies (±7,7). Social-economic level (p=0,325), educational formation (p=0,485) and an orientation by the nutritionist (0,367) had not been correlated with the nutritional quality. This paper concluded that the athletes present great variability in its alimentary profiles, which are not affected by social - cultural factors. The collected data pointed towards the necessity of the athlete accompaniment for a continuous and systematic presence of the nutritionist in training environments. Key Words: Nutritional profile, nutritional state, sportive nutrition.

PROFIL NUTRILIONALE DESATLHÈTES DE PLUSIERS MODALITÉDE LA VILLE JO.PESS. QUE DISPUTENT ANX NIVEAN NATISNAL.

L'objetif de cette recherche consiste à determiner lês caracteristique nutritionelles. Concernent anx athlètes dont JoãoPessoa c'est la ville ou ils habitent, ils disputent ou niveau national. On a constituer une echatillon environ 66 athlétes, 50 hommes et 16 femmes, de la modalité notation (11), atlhétism (15), karate (16), voleibol à plage (09) et football (15). Ils s'ont eté soumis à interview s'est complete un record de 24 hrs e une perquisition de frequence alimentaire.Les informations ont eté obtanus moyennant lês statistiques descriptives et aussi parquadro , s'est base au niveau de significance doté de 5%. Se verific valeurs médium depensé calorique de 3048 kcal (±683,8) e 3206 kcal(± 682,2), pour lês formes semplificé et factorial respectivement,avec difference statistiquement signigicatif parmi cet deux méthodes ici (p=0.020). La calorie imgerréé a eté 3860 kcal (DP= 1396,1). Malgré la diet dispose d'une moyenne hipercalorique 31,8% des atlhétes denotent diet hypocalorique. Lê macronutrients était auisi distribué: 9,4 g/kg/ jour de glycides (±5,1), 2,7g/kg/jour protídes (±1,1) e 1,6g/kg/jour lipids. Niveau socio-economic (P=0,325), formation educational (P=0,485) et orientation par la nutricioniste(0,367) non disposent d'un rapport avec la qualité nutritional. On concluit que les athlétes denotent grand variabilité concernent a leur profiles alimentaires, ils ne sont par repercurter par les facteurs socio-cultureles. Les informations recueillis nous fait apercevoir la necessitée de accompagnement. D'atlhéte por une presence continue et sistematique avex le nutricioniste dans les zones d'entraînements.

Le mots rélevants: profil nutritional, état nutritional, nutrition sportive.

PERFIL NUTRICIONAL DE ATLETAS DE VARIAS MODALIDADES DE LA CIUDAD DE JOÃO PESSOA-PB QUE COMPETEN EN NIVEL NACIONAL.

RESUMEN

El objetivo de este estudio fue determinar las características nutricionales de atletas de la ciudad de Joao Pessoa-PB que competen en nivel nacional. Fue constituida una muestra de 66 atletas, siendo 50 hombres y 16 mujeres, de las modalidades de natación (11), atletismo (15) Karaté (16), balonvolea de playa (09) y fútbol de campo (15). Fueron sometidos a una entrevista, completaron un recordatorio de 24h y un expediente de frecuencia alimentar. Los datos fueron tratados a través de estadística descriptiva y por medio del qui-cuadrado, con nivel de significancia adoptado del 5%. Se observaron valores medios de gasto calórico de 3048 Kcal. (±683,8) y 3206 Kcal. (±682,2), para las formas simplificada y factorial respectivamente, con diferencia estadísticamente significativa entre éstos dos métodos (p=0.020). La ingesta acalórica fue de 3860 Kcal. (DP=1396,1). A pesar de la dieta tener una media hipercalórica, 31,8% de los sujetos presentaron dieta hipocalórica. Los macro nutrientes estaban así distribuidos: 9,4 g/Kg./día de glicidios (±5,1), 2,7 g/Kg./día de prótidos (±1,1) y 1,6 g/Kg./día de lípidos (±0,7). Nivel socio económico (p=0,325), formación educacional (p=0,485) y orientación por parte de bromatóloga (0,367) no se correlacionaron con la calidad nutricional. Se concluyó que los atletas presentan grande variabilidad en sus perfiles alimentar, que no son afectados por factores socio - culturales. Los datos colectados hicieron percibir la necesidad del acompañamiento del atleta por una presencia continuada y sistemática de la bromatóloga en los ambientes de entrenamiento.

Palabras - Llave: Perfil nutricional, estado nutricional, nutrición deportiva.

PERFIL NUTRICIONAL DE ATLETAS DE VARIAS MODALIDADES DA CIDADE DE JOÃO PESSOA-PB QUE COMPETEM EM NIVEL NACIONAL.

RESUMO

O objetivo deste estudo foi determinar as características nutricionais de atletas da cidade de João Pessoa - PB que competem em nível nacional. Foi constituída uma amostra de 66 atletas, sendo 50 homens e 16 mulheres, das modalidades de natação (11), atletismo (15) karatê (16), vôlei de praia (09) e futebol de campo (15). Eles foram submetidos a uma entrevista, completaram um recordatório de 24h e um inquérito de freqüência alimentar. Os dados foram tratados através de estatística descritiva e por meio do qui-quadrado, com nível de significância adotado de 5%. Observaram-se valores médios de gasto calórico de 3048 Kcal (± 683,8) e 3206 Kcal (± 682,2), para as formas simplificada e fatorial respectivamente, com diferença estatisticamente significativa entre estes dois métodos (p=0.020). A ingesta calórica foi de 3860 Kcal (DP=1396,1). Apesar da dieta ter uma média hipercalórica, 31,8% dos sujeitos apresentaram dieta hipocalórica. Os macronutrientes estavam assim distribuídos: 58,5% de glicídios (± 9,0), 17,7% de protídeos (± 4,4), e 23,8% de lipídios (±7,7). Nível sócio econômico (p=0,325), formação educacional (p=0,485) e orientação por parte de nutricionista (0,367) não se correlacionaram com a qualidade nutricional. Concluiu-se que os atletas apresentam grande variabilidade em seus perfis alimentares, que não são afetados por fatores sócio - culturais. Os dados coletados fizeram perceber a necessidade do acompanhamento do atleta por uma presença contínua e sistemática do nutricionista nos ambientes de treinamento.

Palavras - Chave: Perfil nutricional, estado nutricional, nutrição esportiva.