

ABSTRACT

In Sri Lanka there are many athletes who face many problems at the school level due to inadequate nutrient supplements, imbalance diet and lack of nutrition knowledge. The objective of this study was to assess the nutritional status and relationship between nutritional status and physical performance of school level male athletes. The study was conducted in Joseph Vaz College at Wennappuwa. Thirty school male athletes were recruited. Anthropometric measurements, dietary intake and background data were taken. Three minutes run test was done to take the pulse rate. Nutrients of the diet were analyzed by FOOD BASE 2000 software package (Brain Chemistry Institute, UK). Anthropometric measurements for subjects were taken. Seventy percentage of the sample has under weight and 30% were better. Forty eight percentage, 40%, 4%, 4%, and 4% of the athletes were well nourished, possibly undernourished, under nourished, possibly obese and obese respectively. Mean value of the BMI of sample was in a better level. There was no significant difference between recommended level and mean value of the energy intake ($P < 0.05$). There was significantly different between recommended level and carbohydrate intake, fat intake, protein, and iron intake were higher than the recommended level. Vitamin C and Retinol were in the low level of intake. There was a positive linear relationship between protein intake and mid upper arm circumference of athletes. According to the pulse rate, 40% of the athletes were at abnormal physical fitness. Intake of some nutrients were significantly higher than the recommended level and some were low. It was concluded that the diet, which was having by the athletes was unbalanced. It was suggested that the athlete should take a balanced diet and during training period they should take supplements, while giving the knowledge about food and nutrition to change the unfavorable meal pattern.

Keywords: Athletic, Nutrient intake, Anthropometric measurements, Body mass index, Mid upper arm circumference, Energy.