

Impact of habitual nutrient intake and energy expenditure of cricket players

REKHA SRIVASTAVA, ANJNA FELLOWS, NEELMA KUNWAR¹ AND RASHMI SINGH¹
Barkatullah Vishwavidyalaya, Bhopal (M.P.)

Abstract

Nutrition is an important aspect for all especially for sportsperson. They need balanced diet to maintain their stamina. Good food habit provides them energy to perform their activities in a better way. Sports and nutrition are directly related to each other. Taking into consideration the fact of sports person need more energy to carry out their sporting activities effectively it become prime importance to take care of the nutrition for sports performance

Key words : Energy, Expenditure, Sports and nutrition

Introduction

Sports nutrition has recently emerged as a recognized specialty area within the field of nutrition. Cricketers challenge their bodies on a regular basis through physical training and competitions. In order to keep up with the demands of their activity or sport cricketers need to adequately fuel their bodies on a daily basis. This fueling process requires a specialized approach; therefore, cricketers who want to make dietary changes should seek out professionals who are experts in sports nutrition and experienced in developing individualized plans.

Methodology

The study was conducted in Faizabad district. Ten schools were selected and total 220 cricket players were selected and study. The statistical tools were used such as Cr, S.D.

Results and Discussion

Majority (47.7 %) of the cricket players were belonged to the age group of 16–18 years and they acquired to eat especially junk foods, spicy food stuff in their daily diet, followed by players from the age group of 18–20 years (34.1%) and this age group of cricket players like to eat specific foods and high proteins diet and player from the age group of 14–16 years (18.2 %) they like all type of food, which is available easily in their home or in practice field canteens (Table 1).

Nutrients intake of the cricketers, 5.3 per cent respondents was gain more protein intake while 4.7

Table 1: Distribution of cricket players according to age

Age group (years)	Frequency	Per cent
14 – 16	40	18.2
16 – 18	105	47.7
18 – 20	75	34.1
Total	220	100.0

Table 2: Nutrient intake by the cricketers

S.No.	Nutrients	Intake	RDA	Deficit (%)
1.	Protein (g)	80	76	+5.3
2.	Energy (Kcal)	2653	2533	+4.7
3.	Vitamins & Minerals (µg)	708	600	+18.0
4.	Carbohydrates (g)	260	400	-35.0
5.	Water (liter)	4	5	-20.0

per cent of respondents gained more energy. Respondents were found in taking vitamins and minerals in rich quantity i.e., 18.0 per cent high while carbohydrates in less quantity. Also they consume 20.0 per cent less water (Table 2).

Majority (91.8 %) of respondents were healthy because they were taking adequate amount of balanced diet and remaining 8.2 per cent were unwell because they were having nutrient deficient diets no cricketer was found ill. As per general observation, the cricketers were looking very active and playing cricket with interest (Table 3).

¹ College of Home Science, C.S.A. University of Agriculture & Technology, Kanpur

Table 3: Frequency distribution of cricket players according to general appearance

Criteria	Frequency	Per cent
Healthy	202	91.8
Unwell	18	8.2
Ill -	-	
Total	220	100.0

Conclusion

All sports people require a balanced diet with an appropriate intake of carbohydrate, protein and fat (these nutrients are termed macronutrients). Historically, sedentary or athletic diets have expressed each of these as a percentage of the total calorific intake.

Recommendations

- Good nutrition can enhance sporting performance.
- A well planned, nutritious diet should meet most of a Cricket player vitamin and mineral needs, and provide enough protein to promote muscle growth and repair.

References

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