

## Athletes' Attitudes About Food and Supplementation in Adapted Sports

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### Introduction

Given, the greater energy expenditure of athletes, they present higher energy and nutritional needs than the general population. However, athletes with para- and quadriplegia have lower energy needs than their peer athletes.

### Objetives

The objective of this study was to assess athletes' knowledge and attitudes about food, hydration and supplementation in the different adapted sports.

### Methods

Forty-one athletes of adapted sport were evaluated through the application of a questionnaire about food, hydration and supplementation. The participants' anthropometric profile was also measured. From the 41 athletes, 37 were male (90.2%) and 4 were female (9.8%). Athletes had the following deficiencies: Intellectual Disability, Cerebral Palsy, Becker Muscular Dystrophy, Duchenne Muscular Dystrophy, Down Syndrome, Intellectual Disability, Spina Bifida and Visual Impairment. Athletes were provided from 5 different sports: football (43.9%), basketball (7.3%), boccia (12.2%), adapted swimming (31.7%) and adapted table tennis (4.9%).

### Results

Female athletes presented normal body weight, while males were overweight. The waist circumference was in both genders within the recommended. The dominant side has less fat mass than the non-dominant side. In general, athletes slept an average of 8hours/night and the number of meals was generally met by most athletes. Concerning the main meals, a large part of the athletes practicing soccer, swimming, table tennis and boccia consumed a source of bread and equivalents, vegetables, meat and equivalents and fruit with a small decrease on the amounts at dinner time. Dietary supplementation used by athletes was reduced; indeed, athletes who trained more hours used less supplementation than those who trained less.

### Conclusions

Food habits of athletes who practice adapted sports have been poorly explored, especially in relation to diet and body composition, which can negatively affect the athletes' health and athletic performance.

**Keywords:** Nutrition, athletes with disabilities, food, supplementation.