

Inadequate Intake of Energy and Nutrients: A Comparative Cross-Sectional Study Between Sport and Non-sport Science University Students of Southern Ethiopia

Authors : Beruk Berhanu Desalegn, Kebede Awgechew, Addisalem Mesfin

Abstract : Introduction: This study aimed to investigate and compare the energy and selected nutrient intakes of sport science and non-sport science University students of Southern Ethiopia. Method: Multiple-day dietary data were collected from 166 university students (76 sport science and 90 non-sport sciences). Average daily energy and nutrient intake, and inadequate intakes were calculated using NutriSurvey (NS). Results: There were significant differences ($p < 0.05$) in the median intakes of energy, total carbohydrate, and vitamin B1 between female students from the sport science and non-sport science groups, but only the median intake of iron was significantly different ($p < 0.05$) between the male sport and non-sport science students' group. The prevalence of inadequate intake of vitamin B1 were significantly ($p < 0.05$) higher in the male and female from the non-sport science groups compared to the male and female students' groups in the sport science, respectively. Whereas, the prevalence of inadequate iron intake by the male sport science students' group was significantly ($p < 0.05$) higher compared to their counterparts. Similarly, the prevalence of inadequate energy among the females from the sport science group was significantly ($p < 0.05$) higher compared to the female students from the non-sport science department group. The prevalence of inadequate intakes of dietary energy, and the majority of the nutrients (protein, fat, vitamin A, B1, B2, and magnesium) were high ($>50\%$) in selected University students. Conclusion: The energy and majority of nutrient intakes by the students in the selected universities of southern Ethiopia were sub-optimal. Therefore, activities that will improve the dietary intake of University students should include weekly meal plan revision considering their average recommended nutrient intake (RNI).

Keywords : dietary intake, sport science, University students, Ethiopia

Conference Title : ICFSN 2024 : International Conference on Food Science and Nutrition

Conference Location : Vancouver, Canada

Conference Dates : May 20-21, 2024