

Thesis Title	Nutritional status, opinions, practices, and energy balance in Thai National Athletes
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ABSTRACT

Proper nutrition is one important factor that effects the health of the athletes that lead to the suitable practice and the competition. Nevertheless, at present, there is a limited information on the nutritional status in athlete. This study is therefore conducted on 84 Thai national athletes who participated in Asian Games 1990, comprised of 41 males and 43 females, and 11 Females Thai national athletes for SEA Games 1991. Food intake data was collected using 3-day food record, while the opinions and practices on nutrition data were derived from a designed questionnaire. Moreover, the energy balance was studied in 4 cyclists for 3 consecutive days.

The results showed that the Thai athletes consumed more protein and fat. Their energy intakes were ranged from 1314-3449 kcal/d. Concerning the nutritional opinions of the athletes, there was no significant different between genders ($p > 0.05$) in nutritional opinions. However, there was significantly positive correlation between education levels and nutritional opinions merely in male athletes. Almost all athletes (100% in male and 95.% in female athletes) agreed that nutrition was crucial for their performance. Seventy two percent male and 70% female athletes, like international athletes believed in high

protein consumption. However, their basic knowledge concerning about the qualities and quantities of food needed, the weight control diet the supplementary food and the electrolyte drink were rather limited.

For the study of energy balance in 4 cyclists, it was found that even though there was a balance between energy intake and energy expenditure, there was an over consumption on fat and protein food with the low carbohydrate intake. Therefore, nutrition education was necessary for athletes to have a good insight in nutrition opinion and practice to improve their nutrition status for good health and for competition.