Objective: The aim of the study was to determine the feeding habits of the cyclists of the Spanish mountain bike (MTB) national team. Method: Forty cyclists were distributed in two categories according to time spent in training and competing category (25 Cadet/junior (C/J) -16.68 ± 0.99 years-, and 15 Under-23/elite (U23/E) -25.33 ± 4.25 years-. All the subjects completed a specific questionnaire about their feeding habits. Descriptive and contrast (Mann-Whitney) statistic was carried out in the 2 studied groups.

Results: Seventy Six per cent of the subjects of the C/J group showed incorrect feeding habit, and significantly less (36%) than the U23/E showed also incorrect patterns  (p = 0.003). Seventy six per cent of the C/J and 60% of the U23/E do 3 intakes/day (p = 0.348), while 20% of C/J and 26.7% of the U23/E do 5 intakes/day. Sixty four per cent of the C/J and 26% of the U23/E eat between meals (p = 0.024). Also, 56% of C/J group and 20% of the U23/E group eat “fast food” (p = 0.028).

Conclusions: Feeding habits of the C/J cyclists of the Spanish national team are considered inadequate, being significantly better for the U23/E group, although also in this older group there are basic aspects to improve.

Keywords
Nutrition, Cycling, Mountain bike.