Abstract

Introduction: Adolescence is an important period of nutritional vulnerability due to the increased dietary requirements. Objective: To describe the nutritional status of adolescent cyclist and a group of normoactive controls. Methods: The HELENA Dietary Assessment Tool was used to evaluate the nutritional intake of 20 adolescent cyclists and 17 controls. Total energy intake, resting energy expenditure (REE), total energy expenditure (TEE), macronutrients and several micronutrients were registered and compared with dietary guidelines. Results: REE was lower and TEE higher in cyclists than in controls (both P < 0.01). Significant differences were observed in phosphorus and vitamin B1 being higher in cyclists (P < 0.05). Most participants, both cyclist and controls, did not reach the diet requirements for macronutrients, vitamins and minerals. Conclusion: Nutritional status of adolescent cyclists and controls seems not to fulfil the requirements in quantity and quality. Possible implications for actual and future health especially in athlete adolescents need further research.

Keywords