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## Patterns of nutrition and sport supplements use in young Egyptian athletes: A community based cross sectional survey

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**Background:** Adequate nutrition intake is crucial for promoting athletic performance, particularly for adolescents. We aimed to investigate the pattern of basic and sport nutrition as well as perspectives of young Egyptian athletes.

**Methods:** Structured interview survey measuring knowledge, attitudes, beliefs and behaviors about basic and sport nutrition was administered to adolescent athletes recruited from 4 sport clubs and 2 fitness centers in Greater Cairo governorate.

**Results:** A total of 358 participants aged 13-18 years completed questionnaires. Basic nutrition knowledge was reasonable in almost all domains except fast food. Fixed breakfasts (78.5%), home meals (lunch, 70.7%) and healthy snacks (55.8%) were the most positive features of the basic dietary pattern. More than 70% perceived themselves as knowledgeable about sport nutrition. The prevalence rate of sport supplement intake was (48.9%, n=175), predominantly sport drinks (66.9 %) and creatine (54.3%). Coaches were the primary source of sport nutrition information. Forty-four percent of participants (n=77/175) reported supplement consumption during competition seasons only. Better physical appearance and enhancement of athletic performance were the major motivations for supplement intake.

**Conclusion:** These findings indicate the necessity of a comprehensive nutrition education program targeting not only athletes and parents but also coaching staff, health trainers and all sport team officials.

### Biography

Nehal El Koofy has completed her MD in Pediatrics from Cairo University, Egypt. She is a Professor in Pediatrics at Cairo University. She is a Member in Pediatric Hepatology Unit and assists in the nutrition unit activities. She had a Clinical Nutrition Diploma from the American University, Cairo. She is also a Member in the Council of Clinical Nutrition Egyptian Fellowship and has published more than 20 papers in reputed journals.

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