

Challenges of nutrition support to foreign endurance players in Japan

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Abstract

This study was conducted to ascertain the nutritional status of Kenyan members of a corporate track and field team and to obtain basic data useful for designing the diet and life support necessary for supporting foreign athletes in Japan. Previous studies have shown that the nutrient metabolism in Kenyans is lower than that in Japanese.

Furthermore, the staple foods between Kenyans and Japanese are different.

Therefore, caution should be exercised when the Japanese diet is to be incorporated into the nutritional support for Kenyan athletes. The result of the present survey also showed that the energy intake in Japanese athletes was greater than that in Kenyan athletes, and interviews with Kenyan athletes revealed a subjective evaluation indicating a greater amount of food consumption. Thus, we conducted periodic anthropometric surveys, blood tests, performance surveillance, and dietary evaluation, and the results suggested specific details remaining to be addressed for constructing the nutritional support effective for Kenyan athletes, including whether the dietary intake is appropriate for their physical constitution and metabolism and how they relieve stress by incorporating the Japanese dietary lifestyle.