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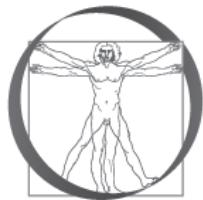
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# ***Analysis of macronutrient intake of elite young athlete of soccer according to the individual positions in field***

Beatriz Maria Ávalos, Nayara Carvalho Cavalcanti Ares, Roberto Focaccia

Unimes, Campo Grande, Brazil

**BACKGROUND:** Football is the most popular sport, in which the specific function of each athlete interferes with the daily energy needs. Proper dietary intake aims to provide players with the correct amounts of carbohydrates, fats, proteins and favor the ideal energy balance that is critical to improving athletic performance. The purpose of this study was to evaluate the dietary intake of macronutrients from elite youth athlete of soccer in Brazil, aiming to provide adequate nutrition and dietary guidelines for each athlete according to with their positions.

**METHODS:** 45 athletes were investigated between 14-18 years divided into different positions: 11 Strikers, 9 Defensive midfielders, 9 Defenders, 8 Fullbacks, 5 Goalkeepers, 3 Midfields. The 24-hour recall was used to analyze the intake of macronutrients. The verification of the normality was made with Shapiro-Wilk test in parametric variables and a *t*-test was used for the comparison of means. All the statistics were performed in SPSS software.

**RESULTS:** Heterogeneous behavior of the sample in relation to the macronutrients were observed, all the results with statistical significance. Regarding the protein intake, all the positions presented a higher intake than the recommended one as a common behavior pattern, emphasizing that 75.6% of the athletes use protein supplements and only 21% with indications by medical professionals and nutrition. The same behavior is evaluated analyzing the profile of the lipids, but with lower intake than directed in all positions. In relation to carbohydrates, the group of Fullbacks, Defensive midfielders and Midfields, present a more homogeneous behavior indicating equal and/or slightly higher consumption than the recommended one, which does not happen in other positions where carbohydrate intake is reduced. Finally, in relation to total calories all athletes with the exception of the group of Defensive midfielders and Midfields means seem to consume less than indicated.

**CONCLUSIONS:** The results suggest that nutritional interventions are performed in order to improve an athlete's performance and health.

# ***Two-dimensional analysis of the body composition of soccer athletes according to the position in the field***

Beatriz Maria Lima Ávalos, Nayara Carvalho Cavalcanti Ares,  
Roberto Focaccia, Monique Pereira Moura

Universidade Metropolitana de Santos, Santos, Brazil

**BACKGROUND:** Football is the most popular sport in the world. Body composition is extremely important for the improvement of performance, and there are ideas of lean mass and body fat according to the technical and tactical attributions within the field. Excess body fat can decrease the athlete's performance during a match and the high amount of lean mass is essential to build strength and power in the lower limbs. The purpose of this study was to evaluate the distribution of body composition in two compartments: lean mass and body fat of soccer players of the base categories of a Brazilian club according to the individual positions.

**METHODS:** 45 athletes were investigated between 14-18 years divided into different positions: 11 Strikers, 9 Defensive midfielders, 9 Defenders, 8 Fullbacks, 5 Goalkeepers, 3 Midfields. For the analysis of body composition, the anthropometric practices standardized by the International Society for the Advancement of Kinanthropometry were used. The normality of the sample was verified with Shapiro-Wilk test in parametric variables and Wilcoxon test for non-parametric variables. For comparison of means, the - T test was used. All the statistics were performed in SPSS software.

**RESULTS:** Regarding the results on body composition, it was observed that the goalkeepers were heavier and had a higher percentage of fat than the others, except for the strikers. The behavior of this variable seems to explain in part, besides the specific role of these athletes, the smaller distances covered by these during a match.

**CONCLUSIONS:** The defenders and defensive midfielders had higher values for lean mass than the others, which is highly favorable for them, because, within the specificity of their technical and tactical attributions, these two positions present much more characteristics of strength and anaerobic power than the fullbacks and midfielders with optimal levels of aerobic fitness, this high amount of lean mass is essential for developing strength and power in the lower limbs.