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Rekha Srivastava
 Barkatullah Vishwavidyalaya,
 Bhopal, Madhya Pradesh, India

Anjna Fellows
 Barkatullah Vishwavidyalaya,
 Bhopal, Madhya Pradesh, India

Smita Tripathi
 CS Azad University of
 Agriculture & Technology,
 Kanpur, Uttar Pradesh, India

Neelma Kunwar
 CS Azad University of
 Agriculture & Technology,
 Kanpur, Uttar Pradesh, India

Rashmi Singh
 Barkatullah Vishwavidyalaya,
 Bhopal, Madhya Pradesh, India

Impact of habitual nutrient diet and effect of nutritional deficiency of cricket players

Rekha Srivastava, Anjna Fellows, Smita Tripathi, Neelma Kunwar and Rashmi Singh

Abstract

Nutrition is an important aspect for all especially for sportsperson. They need balanced diet to maintain their stamina. Good food habit provides them energy to perform their activities in a better way. Sports and nutrition are directly related to each other. Taking into consideration the fact of sportsperson need more energy to carry out their sporting activities effectively it become prime importance to take care of the nutrition for sports performance.

Keywords: Habitual, deficiency

Introduction

Sport nutrition is a specialization within the field of nutrition that partners closely with the study of the human body and exercise science. Sports nutrition can be defined as the application of nutrition knowledge to a practical daily eating plan focused on providing the fuel for physical activity, facilitating the repair and rebuilding process following hard physical work and optimizing cricketers performance in competitive events, while also promoting overall health and wellness. Cricketers are regularly active, ranging from the fitness enthusiast to the competitive amateur or professional. Differences may exist in specific nutrient needs along this designated spectrum of cricketers, creating the exciting challenge of individualizing sports nutrition plans.

Methodology

The study was conducted in Faizabad district. Ten schools were selected in this. Total 220 cricket players were selected in this study. The statistical tools were used such as Cr, S.D

Results

Table 1: Distribution of cricket players on the basis of age they started to play

Age group (years)	Frequency	Percent
5 – 10	62	28.2
11 – 15	114	51.8
16 – 20	44	20.0
Total	220	100.0

Maximum cricket players were started to play cricket in early childhood age. When the family members gives so much of attention, love, support and encourage the child to perform good in the field and also take care of their child food by which they have stamina, good power of energy in body to perform good and achieve success.

Correspondence
Smita Tripathi
 CS Azad University of
 Agriculture & Technology,
 Kanpur, Uttar Pradesh, India

Table 2: Distribution of cricket players according to age and BMI

Age (years)	Number	Average BMI	S.D.
14 – 16	40	20.3	2.0
16 – 18	105	20.3	1.4
18 – 20	75	20.6	1.2
Total	220	20.4	1.6
<i>r</i>	0.2368* <i>P</i> >0.05		

Old age players showed mean BMI of respondents indicating to be normal. The correlation coefficient between BMI and age group was significant at 5.0 percent level of significance. BMI were increased according to age of cricket players.

Table 3: Nutrient intake by the cricketers

Sl No.	Nutrients	Intake	RDA	Defici (%)
1.	Protein (g)	80	76	+5.3
2.	Energy (Kcal)	2653	2533	+4.7
3.	Vitamins & Minerals (µg)	708	600	+18.0
4.	Carbohydrates (g)	260	400	-35.0
5.	Water (liter)	4	5	-20.0

Nutrients intake of the cricketers, 5.3 percent respondents was gain more protein intake while 4.7 percent of respondents gained more energy. Respondents were found in taking

vitamins and minerals in rich quantity i.e., 18.0 percent high while carbohydrates in less quantity. Also they consume 20.0 percent less water.

Table 4: Effect of nutritional deficiency in cricketers

Sl.No.	Nutrients	Deficiency symptoms	Frequency	Percent
1.	Calcium	Osteoporosis	42	19.1
2.	Sodium	Hypertension	85	38.6
3.	Fat	Cancer, heart disease	22	10.0
4.	Fibre	Cancer	24	10.9
5.	Fruits	Heart disease	22	10.0
6.	Sugar	Tooth decay	32	14.5
7.	Potassium	High blood pressure	84	38.2
8.	Folate	Neural tube defects	98	44.5

Nutrient deficiency diseases occur when there is an absence of nutrients which are essential for growth and health. Lack of food leading to either malnutrition or starvation gives rise to these diseases. Another cause for a deficiency disease may be due to a structural or biological imbalance in the individual's metabolic system.

cricket's young fast bowlers. Unpublished paper 1991b.

Conclusion

The quality and selection of food is an important part of a diet for a cricket player. Players need to plan their carbohydrate intake, protein intake and vitamin intake as well. Cricket players' carbohydrate intake depends on the type of sport they are training for. For example, bikers, long distance runners and swimmers or players that has to stay active for long periods of time, need to follow a diet that is high in carbohydrates. Cricketers' carbohydrate requirement is determined by the sport that they are pursuing. Such endurance cricketers carbohydrate intake should be about 50 to 70 percent total calorie intake from carbohydrates.

Recommendations

A cricketers' diet should be similar to that recommended for the general public, with energy intake divided into:

- more than 55 percent from carbohydrates
- about 12 to 15 percent from protein
- less than 30 percent from fat

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