

NUTRIENT INTAKE AND DIETARY PATTERN OF SPORTS VETERANS IN OGUN STATE, NIGERIA.

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The nutritional needs of ageing population require special attention especially sports veterans. This study was conducted to assess the Dietary Pattern and Nutrient Intake of Sports Veterans in Ogun State, Nigeria. The study was carried out at the sport centres across the state. Seventy eight (78) respondents aged 55 years and above were selected using convenience sampling method out of which 65 were male and 13 were female. Data were collected using a pre-tested semi-structured questionnaire which was used to obtain information on socio-demographic characteristics, food consumption pattern and nutrient intake. 24-hour dietary recall (converted to grams) was used to estimate the Nutrient intake which was calculated using Total Dietary Assessment (TDA) software and Food Frequency Questionnaire was used to determine the Dietary Pattern. Anthropometric measurements (weight, height, Waist & Hip Circumference) were carried out using standard procedures. Body Mass Index (BMI) and Waist to Hip Ratio (WHR) were calculated from the anthropometric measurements. Data was analysed using descriptive statistics. Results revealed that 51.3% of the respondents were retirees and some (30.8%) earned between N50,000 to N99,999 per month. The nutrient intake showed that the respondents met more than 100% Recommended Daily Allowance (RDA) for protein, fat, vitamin A, vitamin B12, zinc and iron while calcium, vitamin B6, vitamin C, folate and magnesium intakes were below RDA. Result on mean energy intake of the respondents was 2074.9 ± 1087.88 kcal. The Food Frequency showed that 64.1% consumed 1-4 times/week, 52.6% consumed



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