

Errata corrige

"EATING AND NUTRITION HABITS IN YOUNG COMPETITIVE ATHLETES: A COMPARISON BETWEEN SOCCER PLAYERS AND CYCLISTS"

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Table 2. Bioimpedance parameters of Soccer Players and Cyclists

	Soccers Players Mean±SD	Cyclists Mean±SD	Normal range
FFM (%)	85.4 ± 2.9	80.5 ± 3.5	
FM (%)	14.5 ± 2.9	19.4 ± 3.5	<18%
PA (°)	7.1 ± 0.5	7.3 ± 0.6	>6°; < 8°
TBW (%)	63.8± 1.9	59.8 ± 8.6	>60%
ECW (%)	43.8 ± 3.0	43.8 ± 2.1	>39%
ICW (%)	57.4 ± 1.8	56.1 ± 2.0	
BCM (%)	58.9 ± 2.2	56.5 ± 9.0	>50%
BMR(KCal)	1742.6 ± 156.2	1535.4 ± 193.1	

2) Tables cited in this paper are as follows:

Table 1: BIA estimated values in the normal range

Body Water	Normal range
TBW	>60%
ECW	>39%
BCM	>50%
FM	<18%

Legend: FFM Fat Free Mass; FM Fat Mass; PA Phase Angle; TBW Total Body Water; ICW IntraCellular Water; BCM Body Cellular Mass; BMR Basal Metabolic Rate; ST. DEV Standard Deviation

Legend: TBW: Total Body Water; ECW Extra Cellular Water; BCM Body Cellular Mass; FM Fat Mass (Bia Akern Srl Florence)

Table 3. Caloric distribution and quantities of protein, fat, carbohydrate, sugar, fiber, cholesterol and fatty acid distribution consumed on by the two groups of young athletes

	Soccers Mean±SD	Cyclists Mean±SD	LARN
Calories (Kcal)	2844.0 ± 51.4	2632.5 ± 923.8	
Alcol (Kcal)	9.9 ± 19.8	9.9 ± 39.8	
Protein (g)	115.8± 12.0 (15%)	97.7± 36.3(16%)	15%
Fats (g)	118.7 ± 8.7(34%)	84.4± 34.6(29%)	20-35%
Carbohydrates (g)	429.1± 26.2(51%)	391.4± 136.3(55%)	55-65%
Oligosaccharides (g)	130.0± 13.0(17%)	117.9± 37.9(18%)	15/60%
Total fiber (g)	21.1 ± 2.2	23.0 ± 8.3	25-30
Cholesterol (mg)	252.1 ± 12.1	283.1 ± 136.6	300
Saturated fatty acid (g)	34.25 ± 5.11	26.72 ± 11.5	7-10 %
Polyunsaturated fatty acid (g)	13.67 ± 0.29	12.85 ± 6.8	< 20%
Monounsaturated fatty acid (g)	52.82 ± 4.41	40.22 ± 16.7	Up to 20%

Legend: LARN is an Italian acronyms corresponding to a recommended Reference Levels of Nutrients and energy for the Italian population (10)

Table 4. Comparison between minerals and vitamin intake and LARN recommendations (10). Quantities of minerals consumed and the corresponding percentage of the adequate intakes.

	Soccer players Mean±SD	Cyclists Mean±SD	LARN
Calcium (Mg)	1150.7 ± 128.9	718.1 ± 308.9	1300
Sodium (Mg)	2675.5 ± 399.9	2341.9 ± 1089.0	1500
Potassium (Mg)	2576.8 ± 52.4	3208.1 ± 1180.1	3900
Phosphorus (Mg)	1677.0 ± 98.5	1375.6 ± 478.9	1250
Iron (Mg)	11.1 ± 1.0	12.4 ± 4.5	10-13
Zinc (Mg)	10.0 ± 1.1	10.6 ± 4.3	9-11
Folic Acid (Mcg)	113.8 ± 0.2	352.8 ± 125.1	200
Niacin (Mg)	16.0 ± 1.3	22.3 ± 9.3	12-14
Riboflavin (Mg)	2.2 ± 0.1	2.7 ± 1.2	1.2-1.3
Tiamin (Mg)	1.30 ± 0.13	1.73 ± 0.64	1.2
Vitamin 'A' (Mcg)	792.0 ± 44.1	856.3± 822.3	300-450
Vitamin 'B6' (Mg)	0.8 ± 0.01	2.6 ± 1.0	1-1.1
Vitamin 'C' (Mg)	113.3 ± 17.7	141.7 ± 75.4	67-75
Vitamin 'D' (Mg)	1.5 ± 0.3	2.3 ± 1.7	0-1
Vitamin 'E' (Mg)	9.0 ± 0.2	13.2 ± 4.8	8

Legend: LARN is an Italian acronyms corresponding to a recommended Reference Levels of Nutrients and energy for the Italian population (10).

Table 5: caloric distribution of meals. Percentages of total energy intake at breakfast, morning snack, lunch, afternoon snack, dinner and evening snack.

	Soccer Mean±SD	Cyclists Mean±SD	Recommended Levels
Breakfast	10.4 ± 0.1	14.2 ± 6.8	20/25
Snack	6.7 ± 2.3	6.5 ± 6.1	10/15
Lunch	32.4 ± 1.0	29.3 ± 7.0	25/30
Snack	9.8 ± 2.4	7.7 ± 4.6	10/15
Dinner	34.9 ± 1.0	37.6 ± 8.9	30/35
Snack	5.4 ± 1.9	4.1 ± 2.5	5/10