

„Nutritional Knowledge, Dietary Mistakes,
and Supplement Use Among Amateur American Football Players”

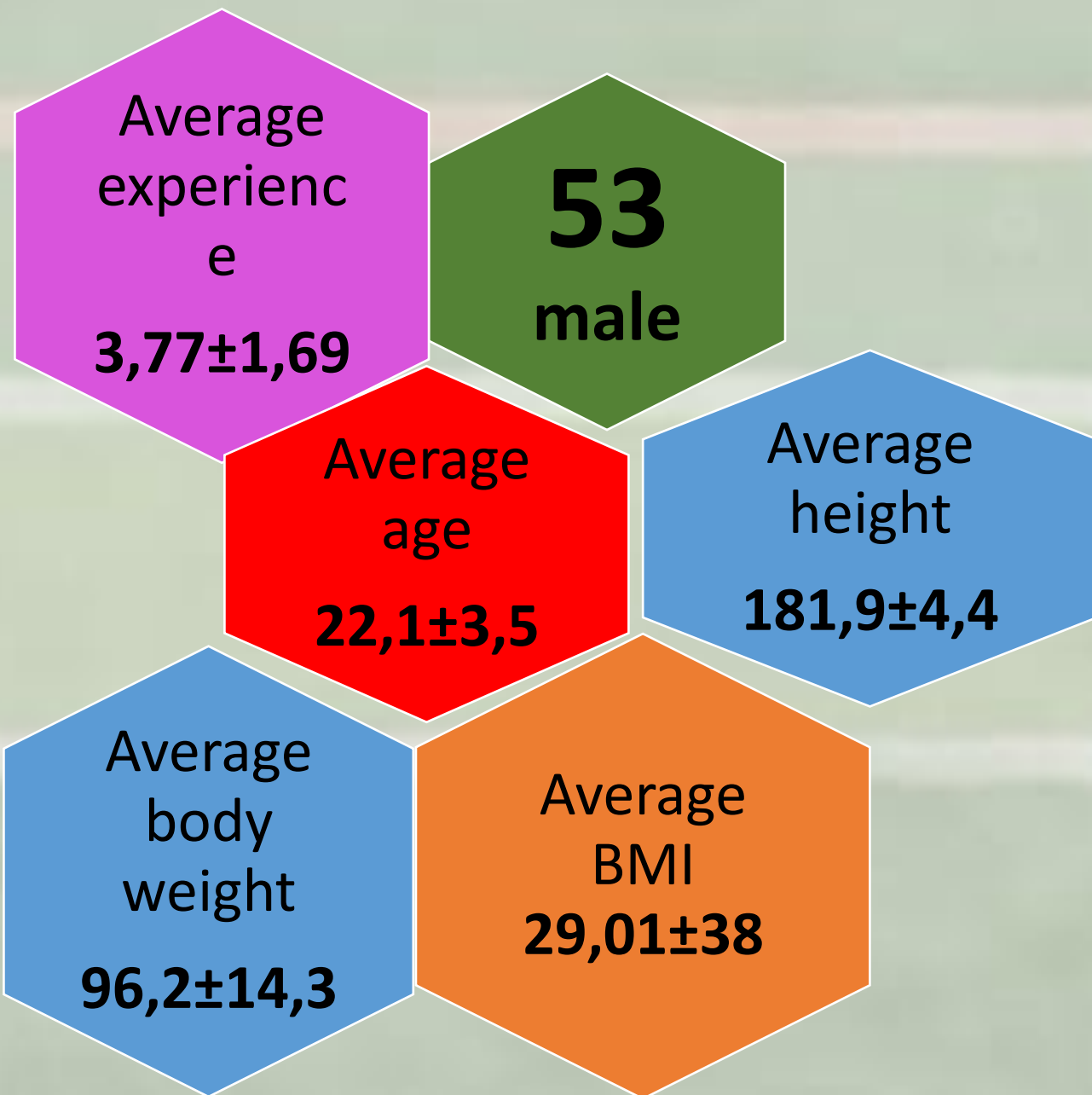
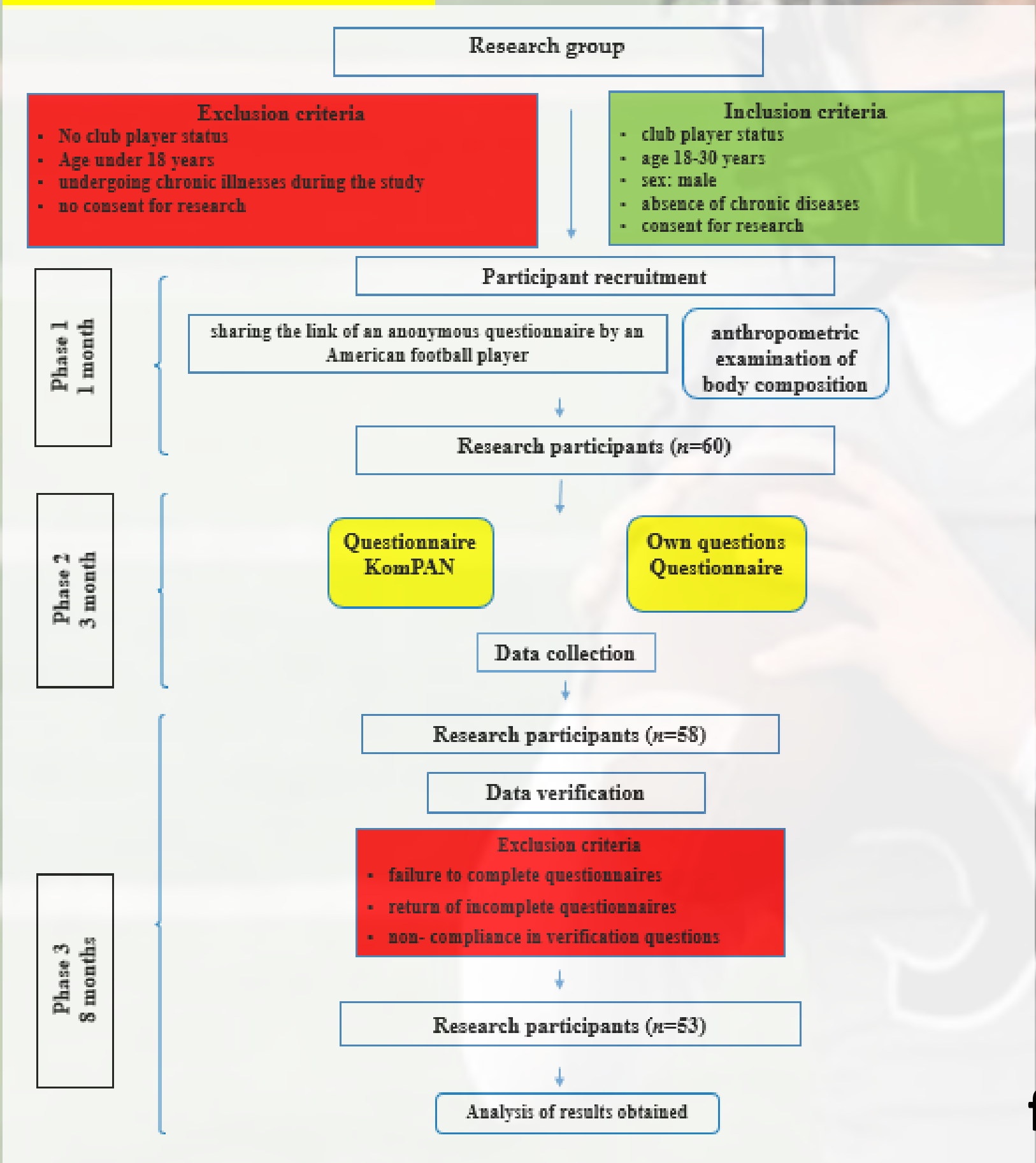
dr Aureliusz Kosendiak ,

Department of Health Studies, DSW University of Lower Silesia, Wrocław, 53-611, Poland

Introduction:

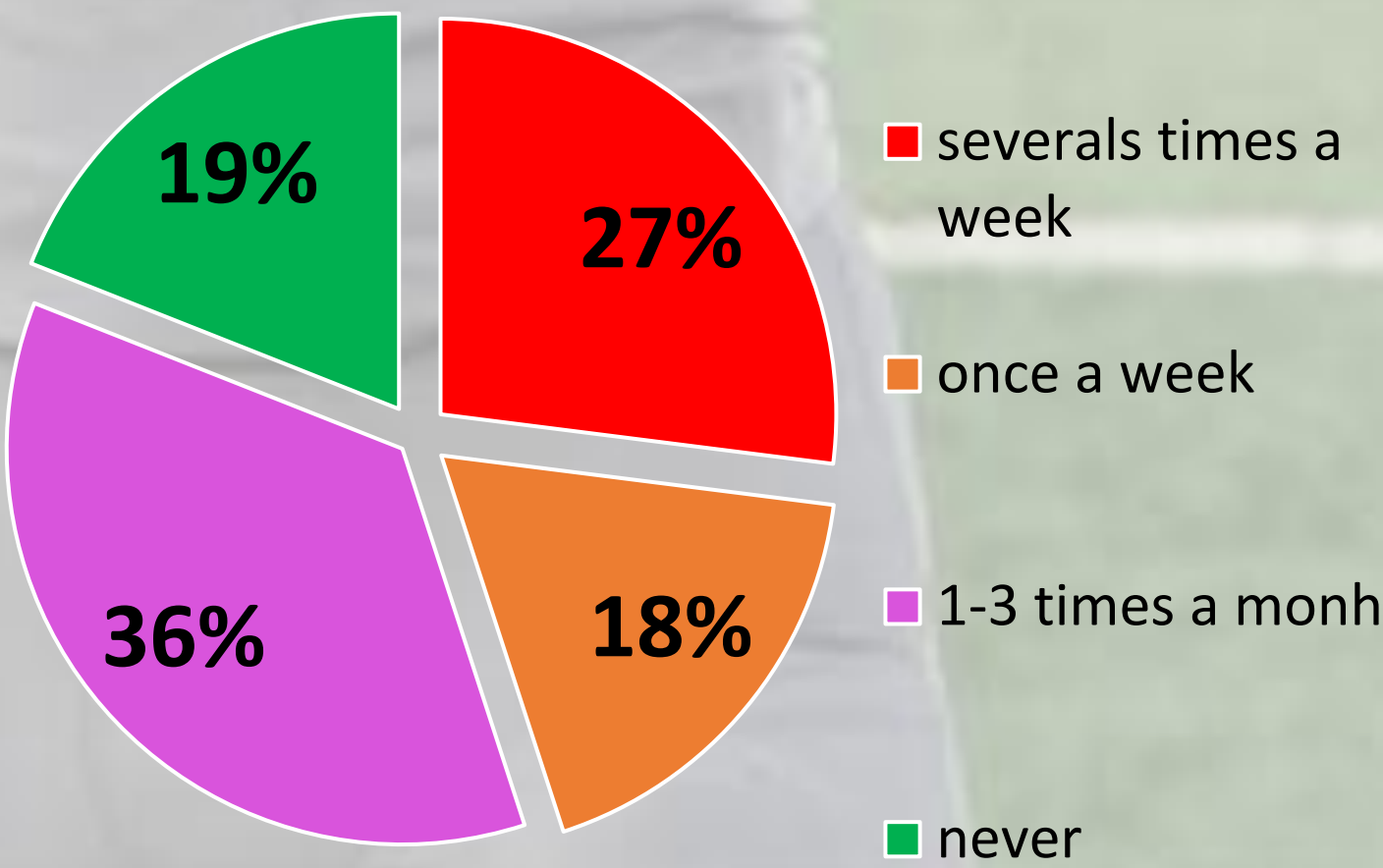
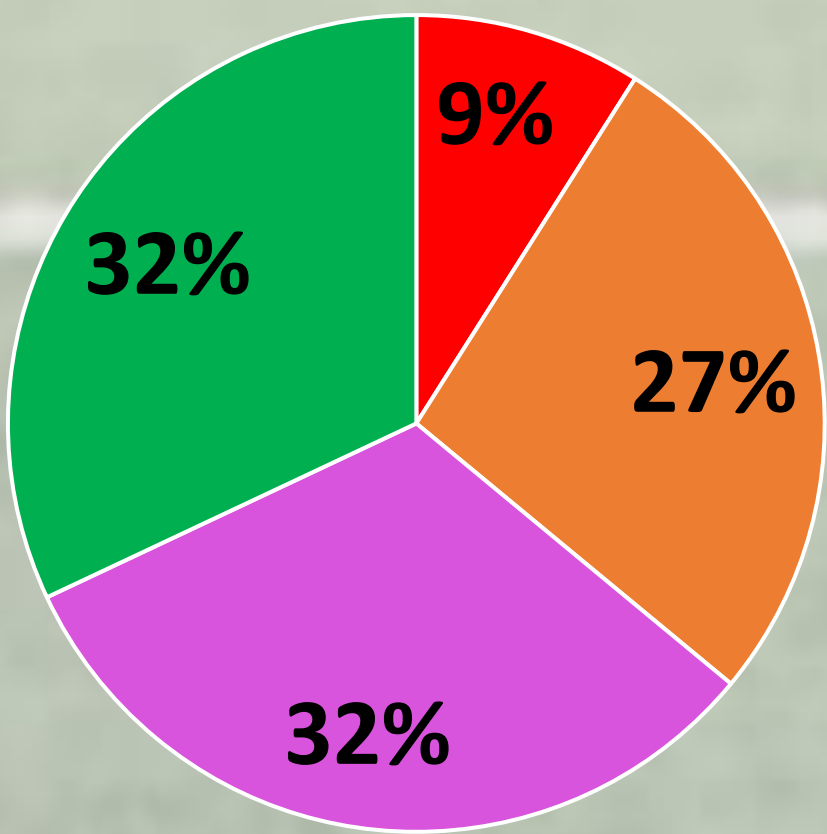
Nutritional knowledge is a key determinant of dietary behavior in athletes, yet a gap often exists between awareness and practice. Amateur American football players represent a unique population with high physical demands but limited access to professional nutrition support. Understanding their nutritional literacy, common dietary mistakes, and supplement use patterns can inform targeted interventions to improve performance and health.

Materials and methods:

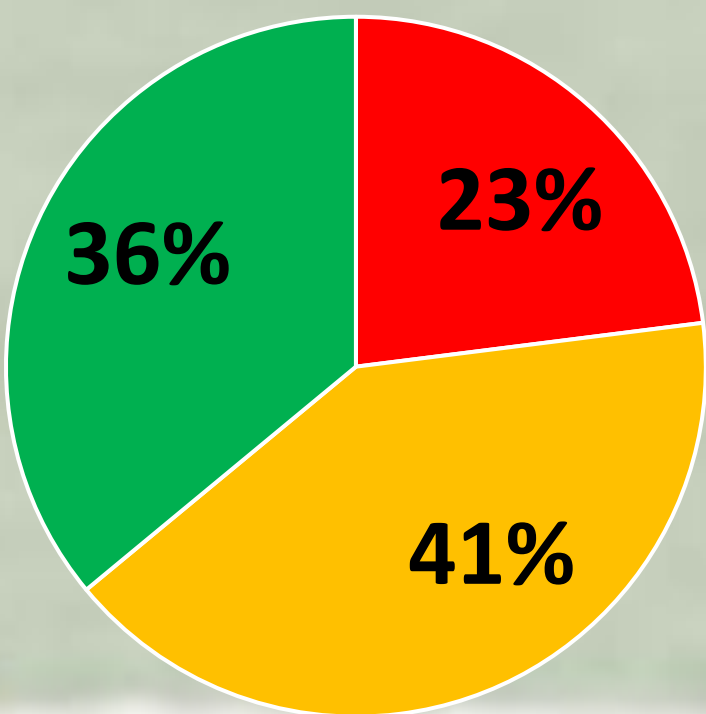


Results

alcohol consumption frequency

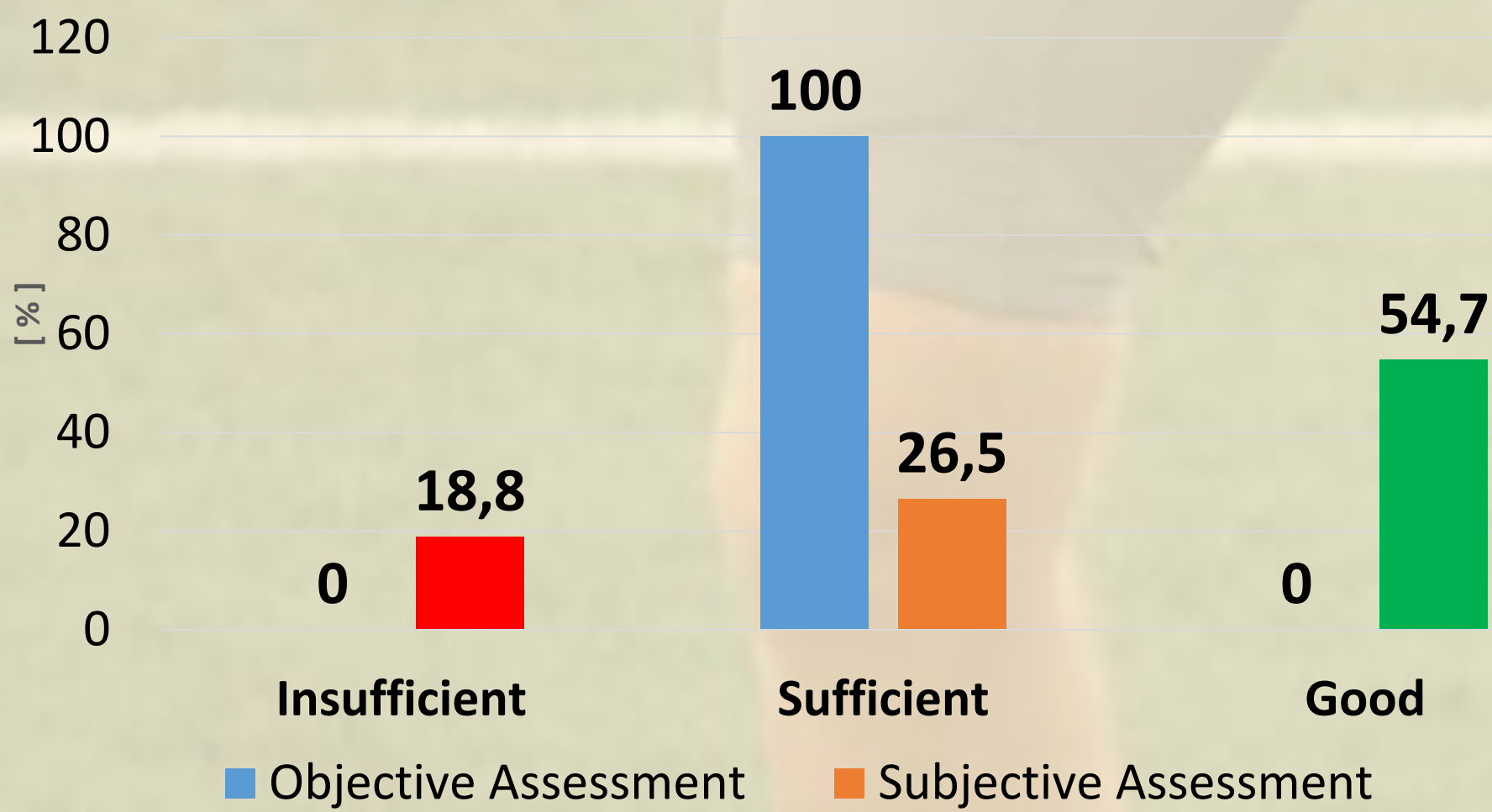


adding salt to dishes

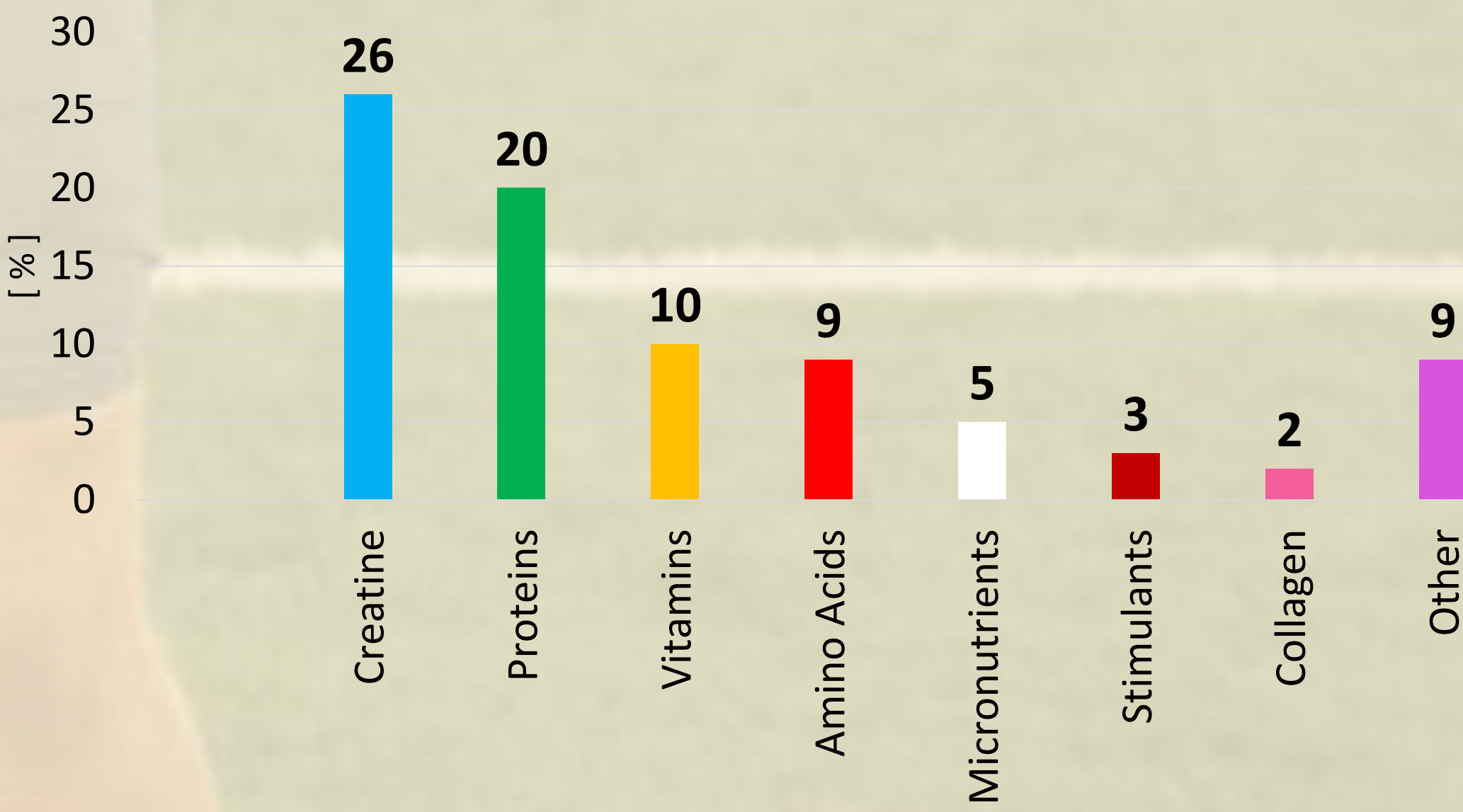


■ Several times a week ■ Once a week
■ 1-3 times a month ■ Never

Nutrition Knowledge Level



Using supplements



Conclusions:

- Most players demonstrate only a sufficient level of nutritional knowledge, with no high-level results.
- Supplement use is dominated by creatine and proteins, while other groups are less common.
- Micronutrients and vitamins are present but play a minor role compared to major supplements.
- Dietary mistakes are frequent, including fast food intake, excessive salting of meals, and regular alcohol consumption.