

Nutritional Literacy and Its Association with Dietary Intake and Anthropometric Characteristics in Youth Academy Football Players

ASSESSMENT



96 Youth Football Players
Kayserispor Football Academy



Dietary Intake
(TÜBER)



Anthropometric
Measurements

KEY FINDINGS



40.6% received
nutrition education
61.5% by a dietitian



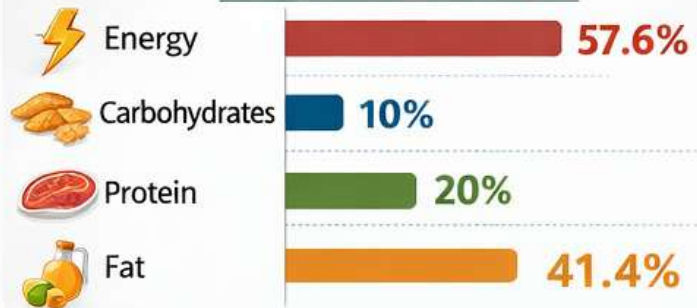
97.9% normal weight
(WHO growth references)



Median NSKQ Score:
25.00
96.87% poor nutrition
knowledge

Inadequate Nutritional Status: **86.4%**

Insufficient Intake (%)



Higher NSKQ Score → Positive Association with



Fiber



Magnesium



Potassium

CONCLUSIONS & IMPLICATIONS



Need for Dietitian-Led
Nutrition Education



Improve Dietary
Intake & Knowledge



Enhance Performance
& Health

Despite some nutrition education, youth football players showed **poor nutrition knowledge** and **inadequate energy & nutrient intake**.