

APPENDIX 1: QUESTIONNAIRE ADDRESSED TO PLAYERS

This questionnaire is part of a study of the eating habits of professional players. It is intended to collect information that is used for exclusively scientific purposes. We kindly ask you to answer all questions. Guaranteeing you the most absolute anonymity, we thank you in advance for your valuable collaboration.

Evaluation Data Sheet

ID =

Age:

Weight:

Size:

BMI =

Level of education

1. Check the corresponding box(es)

Uneducated ☐

Primary School ☐

Secondary education ☐

Higher education ☐

Vocational training ☐

2. How many years have you been playing football?

3. What has been your record since the beginning of your career?

- Number of matches:
- Number of victories:
- Number of draws:
- Number of victories:
- Number of losses:

4. Do you have a club doctor who follows you?

Yes ☐

No ☐

5. Do you have a weekly eating plan?

Yes ☐

No ☐

Physical activities

1. How old have you been in the Club? years

2. Number of workouts per day and number of training days per week

3. The duration of a session (Check the box corresponds)

1 hour ☐

1h 30mn ☐

2 hours ☐

Others to be specified

Eating habits of the professional player

1. How many meals do you eat a day?

A = 1 meal ☐

B = 2 meals ☐

C = 3 meals ☐

D = 4 meals ☐

E = Plus ☐

2. You eat by: (Check the box that corresponds)

Taste ☐

Medical prescriptions ☐

By dietary requirements ☐

No other choice ☐

3. At what times do you eat your meals?

Breakfast: hour(s). Lunch: hour(s).

Snack: hour(s). Dinner: Hour(s)

4. Do you have an idea of the importance and quality of the food you consume?

Yes ☐

No ☐

5. Do you have a special diet before competitions?

Yes ☐

No ☐

6. If so, who advises you?

A doctor ☐

Your Coach ☐

Yourself ☐

Other person ☐

7. Does the Club ever take care of your food?

Yes ☐

No ☐

8. If so, on what occasions

9. How many times a week?

1 time ☐

2 times ☐

3 times ☐

4 times ☐

More ☐

At this time of the year and of the competition.

How often do you consume "Name of the food"? (Foods as they are or in the meals, dishes, sandwiches you eat.) You will indicate by a cross whether or not you consume it; If yes, you will indicate the number of times you consume the product per day, during the week, by referring to the determination system that is proposed to you:

A = at least 1 time a day

B= 2-3 times a day

C= 1 to 3 times a week

D=Rarely (party, ceremony...)

E=Never

CEREALS	A	B	C	D	E	DRIED LEGUMES (PULSES)	A	B	C	D	E
Millet, Sorghum						Cowpeas (Black-eyed peas) (“Niébé”)					
Fonio						Lentils					
Corn (Maize)						Beans					
Wheat						Peas					
Rice						SUGARS	A	B	C	D	E
Pasta						Dry biscuits (cookies)					
OILSEEDS / NUTS	A	B	C	D	E	Jam					
Peanuts						Chocolate					
Sesame (seeds)						Croissant					

Cashew nuts						Honey					
FRUITS	A	B	C	D	E	Bread					
Mango						ROOTS/TUBERS	A	B	C	D	E
Papaya						Sweet potato					
Watermelon						Cassava					
Melon						Potato					
Orange						Yam					
Mandarin						OILS/FATS	A	B	C	D	E
Grapefruit						Palm oil					
Lemon						Butter					
VEGETABLES	A	B	C	D	E	Margarine					
Carrot						MEATS	A	B	C	D	E
Green beans						Beef					

Cabbage						Mutton					
SEAFOOD PRODUCTS	A	B	C	D	E	Goat					
Fish						Poultry					
Oysters						Pork					
Shrimp/Crustaceans						Liver/Kidneys					
						Dairy products					
						Milk					

24-hour food recall

List of foods and beverages (water) consumed during the day

Meals/Food intake	Foods consumed
Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Snack	

Water ration

Determine the drink you were drinking by frequency and quantity by referring to the following code: A = 1 to 2 times a day; B = 2 to 4 times a day; C = 1 to 3 times a week; D = Rarely; E = Never

Beverages	A	B	C	D	E	Quantities	When / on what occasion
Tap water							
Mineral/bottled water							
Fruit juice							
Tea / Coffee							
Carbonated/soft drinks							
Alcoholic drinks							

APPENDIX 2: QUESTIONNAIRE ADDRESSED TO STAFF AND COACHES

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1. Do you have any idea of the footballer's diet?

Yes ☐

No ☐

2. Do you have any idea of how your players eat?

Yes ☐

No ☐

3. Do you think your players are eating properly?

Yes ☐

No ☐

4. Do you ever discuss diet with players?

Yes ☐

No ☐

5. Does your club have a doctor who gives you advice on the diet of your players?

Yes ☐

No ☐

6. How many meals do you recommend to your players per day?

1 meal ☐

2 meals ☐

3 meals ☐

4 meals ☐

5 meals ☐

7. What are these meals?

☐ 7 am - 8 am: Breakfast

☐ 12pm-1pm: Lunch

☐ 4pm-5pm: snack

☐ 7 pm - 8 pm: dinner

APPENDIX 3: QUESTIONNAIRE ADDRESSED TO THE CLUB DOCTOR

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1. Do you meet with footballers to give them advice on their nutritional education or diet?

Never ☐

Sometimes ☐

Often ☐

2. Do football coaches ask for your opinion on the preparation of their Players' menus?

Never ☐

Sometimes ☐

Often ☐

3. Have you gotten into the habit of making footballers' menus?

Never ☐

Sometimes ☐

Often ☐

4. Among the different categories of food and beverages, what types of foods do you particularly emphasize?

Energy Foods ☐

Plastic food ☐

Water requirements ☐

5. What are the meals you can recommend to footballers a day?

Breakfast ☐

Lunch ☐

Taste ☐

Dinner ☐

6. Are there foods in the different categories of food that should not be recommended?

Yes ☐

No ☐

7. If so, which ones?

8. What advice can you give to players for their diet?