

## 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

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

| <b>Body Water</b> | <b>Normal range</b> |
|-------------------|---------------------|
| 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

|                                | <b>Soccers</b><br>Mean±SD | <b>Cyclists</b><br>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.

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

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