

## **Sports nutrition knowledge and dietary habits of Sri Lanka national-level basketball athletes**

Ishani K.A.A.<sup>1\*</sup>, Weerasinghe S.<sup>1</sup>

<sup>1</sup>*Department of Sports Science, Faculty of Applied Sciences,  
University of Sri Jayewardenepura, Sri Lanka*

Nutrition has a direct impact on the performance of national-level basketball players. This study aimed to examine the nutrition knowledge and dietary habits of national basketball male athletes. The sample included 30 subjects (age range: 20-25 years; mean BMI: 22.1 kgm<sup>-2</sup>) who represented Sri Lankan men's national basketball team. The sports nutrition knowledge and dietary habits of participants were assessed using a self-administered questionnaire. Nutrition knowledge questions focused on energy and refuelling, hydration, supplements, and protein intake. The mean nutritional knowledge score of participants was 53%. Participants' knowledge of supplements was inadequate (mean score for the section: 37%). Regarding dietary habits, 16 participants (53%) consumed high-carbohydrate foods after training/competitions while majority of athletes consumed high-protein foods before (n=20, 67%) and after (n=25, 83%) training/competition. Meal skipping was not common in all participants. The majority of participants (n=28, 93%) consumed fluids before, during and after exercise. Fourteen participants (47%) reported consuming alcohol. Dietary supplements use was reported in 43% of participants (n=13). It can be concluded that the participants of this study showed a moderate level of sports nutrition knowledge. Overall, the national male basketball players showed healthy dietary habits that help improve sports performance.

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\*Corresponding author: [achiniishani1993@gmail.com](mailto:achiniishani1993@gmail.com)