



Twelfth International Conference on Culinary Arts and Sciences

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**The Worshipful Company of Cooks
&
The Institut Paul Bocuse Research Center**



MENU, FOOD & HOSPITALITY MAGAZINE

MENU

VOLUME 10 - SPECIAL ISSUE

REPORT OF ICCAS PROCEEDINGS

**Twelfth International Conference
on Culinary Arts and Sciences**

TWELFTH ICCAS INTERNATIONAL CONFERENCE ON CULINARY ARTS AND SCIENCES

Lyon, 2 – 3 June, 2022

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**Supported by the Worshipful Company of Chefs, The Lyon Metropole, Lyon 2
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PREFACE

MENU is the magazine of the Institut Paul Bocuse.

MENU provides updates on the Institut's latest research and innovations and shares views relevant to the **Culinary arts, Food service, and Hospitality**.

It offers a **multidisciplinary, open source of information** by diffusing experimental research data from pilot and applied fieldwork, conducted primarily at the Institut's site, and helps distribute commentary and preliminary work from the Institut's public and private partners.

This magazine aims for a broad audience beyond just scientists, including students and professionals in food service, hospitality, and food sectors.

MENU favors papers that contribute to the challenge of **tasty, healthy, and sustainable diets** for all people and in all contexts.

This volume (#10) publishes the works presented at the 12th International Conference on Culinary Arts and Sciences held in Lyon on June 2nd and June 3rd 2022 – Some of these communications will be published in a special issue of the Elsevier® *International Journal of Gastronomy and Food Science*.

Editor:	M. Michaud, A. Giboreau, A. Perez-Cueto
Multimedia editor:	L. Bourdonnec
ISBN:	2275-5748
Published by the	Institut Paul Bocuse Research Center, BP25 69131 Ecully Cx FR
With the support of	The Worshipful Company of Cooks

*To cite a paper from this issue use the following citation:
(2022) Menu, Vol 10, Proceedings of the International Conference on Culinary Art and Science, Lyon June 2-3.*

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Body Composition, Nutritional Intake and Perception of Food Influence on Sports Practice Among Futsal Athletes: an Exploratory Study

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Indoor soccer is a relatively recent growing sport, although there are no nutritional recommendations for athletes. However, it is known that food affects sports performance.

The aims of the present investigation were to assess body composition, nutritional intake and sleep and training habits of senior male indoor soccer athletes from the National Championship of the II Futsal Division - Azores Series, as well as to assess these athletes' perception regarding the influence of food on performance.

Body composition was assessed by anthropometry (n = 68) and food intake by three 24-hour recall questionnaires (n = 20). Intake data were transformed into energy and nutritional intake using Nutrium[®] software.

The perceptions about food influence on performance were assessed by interview (n = 20) and analysed, using a thematic analysis procedure and a qualitative data analysis software – the QSR Nvivo 10[®] software.

A high prevalence of overweight was observed and was higher among athletes that participated in nutritional intake and perceptions assessments (44.1% vs. 70%) and BMI (24.7 vs 26.8 kg/m², p=0.003) and Body Fat (14.2 vs 15.6, p=0.045) was also higher in that group. Nutritional intake was overall inadequate: low energy and carbohydrates intake and high fat and alcohol intake.

Thematic analysis showed that the athletes understood the concept of healthy eating, although most admitted being able to improve their diet. Lack of time and difficulty in abandoning preferred foods were the main barriers identified to the practice of a healthy eating.

Regarding performance, the athletes reported being able to improve performance by changing food habits and through the avoidance or promotion of certain foods.

The results highlight the importance of dietary advice for athletes, as food habits influence sports performance.