



ABSTRACT

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Title :

**“THE RELATIONSHIP OF FOOD CHOICE, ENERGY AND
MACRONUTRIENT INTAKE, NUTRITIONAL STATUS, AND
PERCENTAGE OF BODY FAT RELATED FITNESS ON MARCHING
BAND ATHLETES IN PELATDA PON BANTEN (NATIONAL SPORT
MAJOR LEAGUE) IN 2016”**

Nutrition is an important part of an athlete's health and fitness. Nutritional problems in athletes related food choice, energy intake and macro-nutrients sufficiency still common in sport. We need to do research on the relationship between food choice, energy and macro-nutrients intake, nutritional status and percentage of body fat against the athlete's fitness.

Research was conducted on marching band athletes in Pelatda PON Banten in 2016. There are 24 athletes who participated in this study. This study is a cross-sectional research with purposive sampling data retrieval techniques. Data related to the selection of food was obtained by the Food Frequency Questionnaire (FFQ), energy and macro-nutrients intake through interviews Food recall 2x24 hours, nutrient status and percent body fat was measured directly, while fitness levels obtained from secondary data from the fitness test athletes one last month.

The results showed there are 3 types of food that are often consumed by all athletes (100%) the group of cereals, nuts and seeds, and oil and grease. Most athletes ($\geq 50\%$ of athletes) had less intake of energy, protein and carbohydrates, and 62.5% of athletes excess fat intake. Nutritional status of athletes marching band contained 8.3% of athletes who have the status of malnutrition and 20.8% of athletes is overweight. Percentage body fat of athletes marching band are 41.7% of athletes who have percentage of body fat below the average and 12.5% of athletes have a percent of body fat above average athlete in general. The nutritional status showed significant odds ratio to the athlete's fitness marching band in Pelatda PON Banten in 2016 ($p = 0.32$) with OR of 10.00.

Keywords: Food choice, energy and macro-nutrients intake, nutritional status, percent body fat, fitness.

xxii + Chapter VI, 138 pages, 3 graphs, 23 tables, 10 Appendix

Bibliography: 45 (1998-2016)