

Acceptance Analysis of the Soccer Athlete Menu Cycle at Semeru FC Lumajang

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ABSTRACT

Providing food to athletes is an important part to support the performance and achievements that can be achieved by an athlete. Football is one of the sports that the athletes need the support of proper nutrition for achievement. The purpose of this study was to analyze the athlete's acceptance of the menu cycle at Semeru FC Lumajang. The research method used is descriptive research that is to analyze the acceptability of the Soccer Athlete menu cycle. Receipt measurements were carried out for 7 days using a tool in the form of a visual method of 6 point comstock scale estimation. The subject of this study was the total population of 19 Semeru FC Lumajang Football Athletes. Data were analyzed descriptively. The study was conducted at the Semeru FC athletes' hostel Lumajang. The results showed that the rest of the meal types of carbohydrates (rice) 7%, animal side dishes 2%, vegetable side dishes 4.1% and vegetables 8.3% Conclusion, the good acceptance on giving fruit with the remaining 0%, milk with the remaining 0% and animal side dish 2%, the receiving power is less good in giving vegetables with the remaining 8.3%. The best power to eat is in the morning and evening, the power is not good at noon.

KEY WORDS: *Acceptance, Leftovers, Menu Cycle, Soccer Athletes*