Protein Intake Among NDSU Bison Dance Team
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Abstract
The goal of this project was to increase the NDSU Bison Dance Team’s knowledge on the importance of consuming adequate amounts of protein. From prior research, it was determined that some problems with the participants were inadequate caloric intake, protein intake, and fluid intake. The project team used the “theory of reasoned action” in order to prompt the participants to try and change their nutritional habits. The ages of the participants were 18-22 years and danced at the collegiate level. The intervention aimed to encourage the participants to increase their protein intake by including information on the importance of consuming adequate protein, providing recipes that contain a high amount of protein, and providing samples of a high protein pre workout snack. The evaluation tool used asked the dancers if they were willing to try adding a source of protein to each meal and if they were willing to make time to learn how to properly cook quality protein sources. We were looking for verbal confirmation from the dancers saying they would try. In conclusion, the dance team indicated adequate consumption of protein as evidenced by the surveys. After collecting data, an intervention was performed on the dance team in order to encourage the team to consume adequate protein. It was observed during the intervention that most of the participants were willing to make a change.

Hypotheses based on research
Prior to the assessment, potential nutrition problems included:
• Inadequate protein intake
• Inadequate fluid intake
• Inadequate intake of macronutrients

Research Purpose
The purpose for this intervention is that the NDSU Bison Dance Team members will intend to include more protein in their diets.

Assessment
Participants
Members of the NDSU Bison Dance Team
Demographics
• Age: 18-22 years old, dancing at collegiate level
• Gender: Female
• Major: Major
• Use of dining center meal plan
• Taken nutrition class

Experimental Measures
• Pre-intervention participant survey
• Food frequency survey
• Bioelectrical Impedance body composition test
The main nutrition problem among the population was inadequate intake of protein.
Causes for this nutrition problem are:
• Inadequate knowledge on how to properly cook a variety of protein sources
• Inability to afford quality protein sources
• Lack of knowledge on nutrition

Outcome Objectives
1. 50% of the Bison Dance Team will identify a protein source that they will add in each meal during the day during the next month.
2. Bison Dance Team will say they will increase their amount of protein to one gram per kilogram of body weight during the next month.

Community Intervention
• Gave a summary on findings of pre-intervention survey
• Had a discussion on the benefits of consuming adequate amount of protein
• Provided and practiced equation for protein intake
• Provided a list of lean protein sources
• Gave examples and discussed protein packed recipes
• Provided protein packed snack
• Time was given for participants to ask questions

Results

[No Bake] Protein Peanut Butter Energy Bites

Ingredients
1/2 cup natural peanut butter or almond butter
1/4 cup honey
1 teaspoon vanilla extract
1/3 cup protein powder of choice*
1/3 cup flaxseed meal
1/3 cup unsweetened shredded coconut
1/2 cup rolled oats (gluten free, if desired)
2 tablespoons mini chocolate chips (vegan, if desired)
1 tablespoon chia seeds

Directions:
1. Add all ingredients into a large bowl and mix well
2. Form mixture into 14 balls and refrigerate until serving

Conclusions
• Participants gained knowledge about lean protein sources to include in breakfast, lunch, dinner, and snack
• Participants were able to give examples of protein sources
• Participants expressed willingness to add a protein source into each meal
• Participants gained knowledge on how to calculate individual protein needs
• Participants expressed willingness to increase protein intake to one gram per kilogram of body weight each day

Implications
• Education on effects of protein on performance increases awareness of the importance of protein intake among female athletes
• Education on food preparation will increase nutritional knowledge while preparing meals