NDSU Wrestling Team and a Balanced Diet
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Abstract
Objective: Educate the NDSU Wrestling Team about how to get adequate nutrient intake and a more balanced diet by increasing fruit and vegetable intake.

Theory, Prior Research, Rationale: Through researching studies that were done on wrestlers/athletes, we were able to decipher that a problem this community faces is lack of a balanced diet, specifically not getting enough fruit and vegetable in the diet. Knowing this, we modeled our nutrition intervention around the Theory of Planned Behavior.

Target Audience: NDSU Wrestling Team
Description: For our intervention, we used food models to discuss certain nutrients that fruits and vegetables provide, along with an interactive MyPlate activity to explain portion sizes. We finished up our intervention by covering tips to eating healthier at restaurants.

Evaluation: Looking at the question, “What foods should you eat to enhance your wrestling performance?” compared to when we asked it in the pre-survey, the boys have a lot more variety in their answers. Many more answers included fruits and vegetables 10 out of the 11 to be exact. All the boys were able to state one way to make going out to eat healthier. The boys ranked the intervention 4.45 out of 5. Lastly, the wrestlers had 100% accuracy when filling out their own MyPlates.

Conclusions: It was shown in the MyPlate activity and the evaluation post-survey that our intervention gave the wrestlers:

- The knowledge as to why fruits and vegetables are important for their health.
- The skills to balance out their meals with all of the food groups.
- The knowledge of healthier options when eating at restaurants.

Research Purpose
Educate the NDSU Wrestling Team about how to get adequate nutrient intake and a more balanced diet by increasing fruit and vegetable intake.

Demographics
• Male
• Athlete
• Age: 18-24
• 88% are not employed
• 82% live on campus

Participants
• NDSU Wrestling Team

Experimental Measure
• Pre-intervention participant survey
• Food Frequency Table
• Post-intervention participant survey

Rationale: Through researching studies that were done on wrestlers/athletes, we were able to decipher that a problem this community faces is lack of a balanced diet, specifically not getting enough fruit and vegetable in the diet. Knowing this, we modeled our nutrition intervention around the Theory of Planned Behavior.

Outcome Objectives
1. At the end of our intervention, the wrestlers participating, 50% of the boys will list a whole grain, fruit or vegetable when asked the question, “What foods do you eat to enhance your wrestling performance?”
2. At the end of our intervention, all the wrestlers participating will create a MyPlate using food that they eat day to day, with 80% accuracy. We will measure this by having each one of the boys in the intervention fill out their own MyPlate, by drawing and labeling pictures of the food with a pen or pencil.
3. By the end of our intervention 80% of the participants will be able identify one healthier alternative to going out to eat (specifically fast food) eg: healthier restaurant choices, healthy food options at restaurants. We will ask this question along with the question in #1 in post evaluation, “Name one way you can make going out to eat healthier.”

Community Intervention
• Starting off our intervention, Dayo discussed different fruits and vegetables, using real food models, to explain the importance of fruits and vegetables in the diet.
• Bre followed this segment up with the MyPlate activity, using fake food models, in order to teach the wrestlers proper portioning of foods and meal balance.
• Once Bre and Dayo collected the boys’ MyPlates, to correct them, Kelli talked about how to make healthier choices when going out to eat.
• We finished up our intervention with our post-survey evaluation and handing out healthy cookies to the wrestlers. Once the boys finished those, we handed back their MyPlates for them to take home.

Nutritional Problem and Causes:
Lack of a balanced diet related to inadequate nutritional education as evidenced by significant intake of protein and carbohydrates:
• Lack of nutritional knowledge. Only a little over half of the wrestlers have taken a nutrition class.
• Excessive protein and carbohydrate intake. They focus on these food groups in order to enhance their wrestling performance while neglecting fruits and vegetables.
• Excessive fast food intake when they go out to eat (average two times per week)

Results

Food Groups Identified to Enhance Performance

Evaluation:
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• The knowledge to identify healthier options when eating at restaurants.