

## CHAPTER 7

### RECOMMENDATIONS

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Few diet related behaviours are particularly important during adolescence since they are carried forward in adulthood. Thus if athletes are guided properly what to eat, when to eat and how much to eat, definitely it will help them in enhancing their performance and maintaining their energy levels throughout the different phases of sports. The study undertaken has shown that nutrition education given regarding various components of food label showed positive effect and players were able to comprehend food labels and were able to choose healthy products. Hence, the recommendations occurring from this study trial are mentioned as:

- ✓ Nutrition education reinforcement on various aspects like food labels, sports nutrition by using different strategies should be initiated so that nutritional status of the players can be achieved.
- ✓ Workshops should be conducted for specific target groups (such as players, parents, coaches) on the importance of food labels, since they play important role in players life while making food decision.
- ✓ Various mass media/ social media, campaign activities can be conducted for the target communities.
- ✓ Sports supplement retailers can be sensitized towards the supply of correct information to the consumers.

