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## Volume 66, Issue Supplement

Displaying 1-50 of 84 articles from this issue

---

### Preface

#### [Preface](#)

HARDINSYAH

2020 Volume 66 Issue Supplement Pages S1

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### Dietetics and Clinical Nutrition

#### [Comparison of Different Early Enteral Feeding Formulas on Critically Ill Patients](#)

Agussalim BUKHARI, Nurpudji A. TASLIM, Suryani AS'AD, Haerani RASYID, ...

2020 Volume 66 Issue Supplement Pages S2-S10

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## A Study on the Impact of the Novel Biochemical Parameter—Calcium Score in Preventing the Progression of the Cardiovascular Diseases to Invasive Interventions

Anooja K THOMAS, Dhanya RADHAKRISHNAN

2020 Volume 66 Issue Supplement Pages S11-S17

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## Effects of High and Low Sugar Diets on Cardiovascular Disease Risk Factors

Aryati AHMAD, Cheryl ISHERWOOD, Margot UMPLEBY, Bruce GRIFFIN

2020 Volume 66 Issue Supplement Pages S18-S24

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## Nutrition Therapy in Critically Ill Overweight Elderly Patient with Heart Failure, Myocardial Infarction, Pneumonia, and Chronic Kidney Disease

Christina RUSLI, Agussalim BUKHARI, Nurpudji A. TASLIM, Suryani AS'AD, ...

2020 Volume 66 Issue Supplement Pages S25-S31

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## What We Eat and Where We Work Is What We Become: Worksite Food Environment Exposure and Cardio-Metabolic Health among Employed Adults of Urban Delhi, India

Deepa SHOKEEN, Bani Tamber AERI

2020 Volume 66 Issue Supplement Pages S32-S35

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## Analysis of the Effect of Fish Bars Made of Bilih Fish (*Mystacoleuseus padangensis Blkr*) Flour to Reduce Oxidative Stress in a Diabetic Rat Model

Deni ELNOVRIZA, Hadi RIYADI, Rimbawan RIMBAWAN, Evy DAMAYANTHI, Adi WI ...

2020 Volume 66 Issue Supplement Pages S36-S40

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## Formulating Diet for Transitional Feeding in Tuberculous Meningitis Patient during Hospital Care and through to Period of Home Healthcare

Franciska RAHARDJO, MARDIANA, Nurpudji A. TASLIM

2020 Volume 66 Issue Supplement Pages S41-S46

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## Supplementation of Catfish (*Clarias gariepinus*) Oil Enriched with Omega-3 Soft Capsule Improves Oxidative Stress and Cognitive Function in Elderly

Taufiq ATMADJA, Clara KUSHARTO, Tiorma SINAGA

2020 Volume 66 Issue Supplement Pages S47-S50

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## The Effect of *Tempe Gembus* on High-Sensitivity C-Reactive Protein and Adiponectine Levels in Rats with Metabolic Syndrome

Ikawati SULISTYANINGSIH, Diana Nur AFIFAH, Achmad Zulfa JUNIARTO, Gema ...

2020 Volume 66 Issue Supplement Pages S51-S55

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## Does the Taste and Appearance of Food Affect Food Waste in Low-Salt Diet Patients?

SUMARTO, Marianawati SARAGIH

2020 Volume 66 Issue Supplement Pages S56-S62

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### Early Life Nutrition

## The Association of Maternal Vitamin D Status during Pregnancy and Neonatal Anthropometric Measurements: A Longitudinal Study in Minangkabau Pregnant Women, Indonesia

Arif Sabta AJI, Yusrawati YUSRAWATI, Safarina G MALIK, Nur Indrawaty L ...

2020 Volume 66 Issue Supplement Pages S63-S70

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## Adverse Maternal Nutritional Status Affects Birth Weight among Rural Mothers of Maharashtra

Devaki GOKHALE, Shobha RAO

2020 Volume 66 Issue Supplement Pages S71-S75

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Released on J-STAGE: February 22, 2021

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## Effect of Low Linear Growth and Caregiving with Poor Psychosocial Aspects on Cognitive Development of Toddlers

Fitrah ERNAWATI, PUSPARINI, HARDINSYAH, Dodik BRIAWAN, Amalia SAFITR ...

2020 Volume 66 Issue Supplement Pages S76-S81

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## Reliability and Validity Study of the Children's Eating Behavior Questionnaire in Chinese School-Age Children

Meiying GAO, Kun XUE, Hongwei GUO

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## Deficient Nutrient Intake from Complementary Foods among Infants Aged 6–11 Months in Rural Areas of Yogyakarta

Heni HENDRIYANI, Toto SUDARGO, Umi FAHMIDA, Siti HELMYATI, SUSETYOWAT ...

2020 Volume 66 Issue Supplement Pages S87-S93

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## Do Health Workers Play a Role in Exclusive Breastfeeding among Working Mothers in Industrial Area?

Tria Astika Endah PERMATASARI, Ni Wayan SUDIARTINI

2020 Volume 66 Issue Supplement Pages S94-S98

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Released on J-STAGE: February 22, 2021

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## Zinc Deficiency and Inadequate Zinc Intake among Postpartum Women in Coastal Area of Makassar, Indonesia

Rahayu INDRIASARI, Aminuddin SYAM, Yessy KURNIATI, Marini Amalia MANSU ...

2020 Volume 66 Issue Supplement Pages S99-S102

Published: 2020

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### Stunted Toddlers Had Lower Hair Zinc Level Compared to Their Normal Peers: Result from a Case Control Study in Nganjuk

Ririn KRISTIANI, Trias MAHMUDIONO

2020 Volume 66 Issue Supplement Pages S103-S106

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### The Strategy of Successful Exclusive Breastfeeding of Policewomen in Regional Police Department, East Nusa Tenggara

Wiwin S. P. R. LOKAT, Rut Rosina RIWU, Marselinus L. NUR, Helga J. N. ...

2020 Volume 66 Issue Supplement Pages S107-S110

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### Awareness about Anaemia and Weekly Iron-Folic Acid Supplementation (WIFAS) among School-Going Adolescent Girls and Parents in East Java and East Nusa Tenggara, Indonesia

Annisa Utami SEMINAR, Dodik BRIAWAN, Ali KHOMSAN, Mira DEWI, Ikeu EKAY ...



2020 Volume 66 Issue Supplement Pages S111-S117

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## Coverage and Adherence of Weekly Iron Folic Acid Supplementation among School Going Adolescent Girls in Indonesia

Elma ALFIAH, Dodik BRIAWAN, Ali KHOMSAN, Mira DEWI, Ikeu EKAYANTI, MA ...

2020 Volume 66 Issue Supplement Pages S118-S121

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## Local Regulation as a Nutritional Improvement Solution: Case Study of Moringa Program in West Sumbawa

Sofwatun NIDA, Bryan CHRISTIAN, Siska VERAWATI, NURMALASARI

2020 Volume 66 Issue Supplement Pages S122-S128

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## Holistic Nutrition Well-Being

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### “Kids Get in Shape with Nature”: A Systematic Review Exploring the Impact of Green Spaces on Childhood Obesity

Julius Cesar ALEJANDRE, Mary LYNCH

2020 Volume 66 Issue Supplement Pages S129-S133

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## The Relationship between Body Mass Index, Body Fat Percentage, and Dietary Intake with Muscle Fatigue in Adolescent Football Players

Mochammad RIZAL, Calista SEGALITA, Trias MAHMUDIONO

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## Nutrition Balanced Guideline: Irregular Weight Monitoring Is Associated with Overweight-Obesity in Adolescents (High School Students) at Bekasi

Muh. Nur Hasan SYAH, Alfi Fairuz ASNA, Diah Nurindrati WAHONO

2020 Volume 66 Issue Supplement Pages S137-S140

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## Association of Quantity and Quality of Protein Intake with Depression and Anxiety Symptoms among Adolescent Boys and Girls (13–15 Years) Studying in Public Schools of Delhi

Preeti KHANNA, Bani Tamber AERI

2020 Volume 66 Issue Supplement Pages S141-S148

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## Environmental Impacts Related to Food Consumption of Indonesian Adults

Rofiqah Noor RAHMI, Nongnuch POOLSAWAD, Kitti SRANACHAROENPONG

2020 Volume 66 Issue Supplement Pages S149-S154

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## Nutrition and Food Innovation

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### Balance Nutrition Messages Are Still Implemented in Preschools One Year Postintervention: Case Studies in Subang District, West Java, Indonesia

Avita A USFAR, Ginarti BUDIMAN, MC Phan Ju LAN, Akhir RIYANTI, Visca N ...

2020 Volume 66 Issue Supplement Pages S155-S161

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### Nutritional Value, Antioxidant Activity, Sensory Properties, and Glycemic Index of Cookies with the Addition of Cassava (*Manihot utilissima*) Leaf Flour

Bernatal SARAGIH, Feby KRISTINA, PRADITA, Krishna Purnawan CANDRA, As ...

2020 Volume 66 Issue Supplement Pages S162-S166

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## Nutrition Counseling with and without Modules towards Nutrition Knowledge, Attitude, and Macronutrient Intake among Prediabetic Women

Dhani LATIFANI, Ahmad SYAUQY, Hartanti Sandi WIJAYANTI, Choirun NISSA

2020 Volume 66 Issue Supplement Pages S167-S172

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## Reduction of Sodium Intake from Papaya Salad with the Use of Sodium-Reduced Fermented Fish in Producing Traditional Seasoning Sauce

Juntima PHOTI, Visith CHAVASIT, Uraiporn CHITCHANG, Pasamai EGKANTRONG ...

2020 Volume 66 Issue Supplement Pages S173-S178

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## Fortification of Rice Noodles with Vitamin A: Quality, Sensory Evaluation, and Enhancement of Vitamin A Intakes

Nura MALAHAYATI, Kharidah MUHAMMAD, Jamilah BAKAR, Roselina KARIM

2020 Volume 66 Issue Supplement Pages S179-S183

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## Development of a Photographic Food Atlas as a Portion Size Estimation Kit for Malaysian

Lai Shan WONG, Jyh Eiin WONG

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## Fortification of Yellow Alkaline Noodles with Wheat Bran and the Impact on Physical and Sensorial Properties

Yohanes Raditya WARDHANA, Lukas Sanjaya BANAWI

2020 Volume 66 Issue Supplement Pages S190-S195

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## The Effect of Nutrition Education on School-Aged Children's Consumption Pattern, Knowledge and Practice in Bringing Well-Balanced Menu for Lunch

Adelwais Febriati YURNI, Tiorma SINAGA

2020 Volume 66 Issue Supplement Pages S196-S201

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## Effects of Different Cooking Methods and Palm Oil Addition on the Bioaccessibility of Beta-Carotene of Sweet Leaf (*Sauropus androgynous*)

Imas ARUMSARI, Kittana MÄKYNEN, Sirichai ADISAKWATTANA, Sathaporn NGAM ...

2020 Volume 66 Issue Supplement Pages S202-S205

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## Tropical Oil Blending and Their Effects on Nutritional Content and Physicochemical Properties during Deep Fat Frying

Ketinun KITTIPONGPITTAYA, Atikorn PANYA, Thichapat PRASOMSRI, Phattrap ...

2020 Volume 66 Issue Supplement Pages S206-S214

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## The Physicochemical Properties of Tempe Protein Isolated from Germinated and Non-Germinated Soybeans

Made ASTAWAN, Tutik WRESDIYATI, Rachel M YOSHARI, Nikita Arsy RACHMAWA ...

2020 Volume 66 Issue Supplement Pages S215-S221

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## The Relationship of Health and Nutrition Claims towards Purchasing Choices among Consumers in Shah Alam, Selangor

Muna SHAMMAKH, Rafeah Taib ALI, Tasneem SHAARI

2020 Volume 66 Issue Supplement Pages S222-S225

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## Sensitivity and Specificity of Non-Invasive Blood Glucose Level Measurement Optical Device to Detect Hypoglycaemia

Renan Prasta JENIE, Naufal Muharam NURDIN, Irzaman HUSEIN, Husin ALATA ...

2020 Volume 66 Issue Supplement Pages S226-S229

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## Development of Nutrition Learning Models for Elementary School Children in Kendari

RISMA, MASRIF, E NURLAELA

2020 Volume 66 Issue Supplement Pages S230-S233

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## In Vitro Starch Hydrolysis and Estimated Glycaemic Index of Biscuits from Unripe Banana Peel Flour

Syarifah Khadijah Syed Abu BAKAR, Noorlaila AHMAD, Fadhilah JAILANI

2020 Volume 66 Issue Supplement Pages S234-S238

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## Nutrition Epidemiology and Food Security

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### Determinant Factors of Maternal Knowledge on Appropriate Complementary Feeding of Children Aged 6–23 Months in Aceh

Aripin AHMAD, Siti MADANIJAH, Cesilia Meti DWIRIANI, Risatianti KOLOPA ...

2020 Volume 66 Issue Supplement Pages S239-S243

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### Pathway Analysis of Growth Faltering Pattern Based on Height for Age in Children Under Five in Indonesia Based on Indonesian National Health Survey 2013

Ina KUSRINI, Donny Kristanto MULYANTORO, Sri SUPADMI

2020 Volume 66 Issue Supplement Pages S244-S250

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### Flavonoid Database Based on Indonesian Foods

Linda Riski SEFRINA, Dodik BRIAWAN, Tiurma SINAGA, Dewi PERMAESIH



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## [Association between Food Habits and Nutritional Status of Secondary School Students in Kuala Lumpur, Malaysia: Baseline Findings from Nuteen Project](#)

U VAIDEHI, S SHASHIKALA, K MIRNALINI

2020 Volume 66 Issue Supplement Pages S256-S261

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## [Characterization of Micronutrients in Tofu from Several Cities in Java Island Indonesia](#)

Woro Yatu Niken SYAHFITRI, Syukria KURNIAWATI, Natalia ADVENTINI, Djok ...

2020 Volume 66 Issue Supplement Pages S262-S266

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## [Needs Assessment Survey for a Food Safety Education through We-Media: A Cross-Sectional Survey among Junior Students of an Education and a Medical University in Chongqing, China](#)

Xinmiao LUO, Li LUO, Hongyan LIU, Yangxue XIAO, Xinyang YU, Xiaorong H ...

2020 Volume 66 Issue Supplement Pages S267-S274

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## Associations of Knowledge, Attitude and Practices of Food Label on Cardiovascular Diseases (CVD) Risk amongst University Students in Selangor, Malaysia

Ho EVELYN, Ainor Farahin AZIZ, Sarina SARIMAN

2020 Volume 66 Issue Supplement Pages S275-S282

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## The Relationship between Body Mass Index, Body Fat Percentage, and Dietary Intake with Muscle Fatigue in Adolescent Football Players

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**Summary** It is important for football players to maintain muscle strength through the entire match. The aim of this study was to investigate body mass index (BMI), body fat percentage (BF%), dietary intake (energy, carbohydrate, and protein) and its relationship with muscle fatigue among adolescent football players. This was a cross-sectional study involving 26 football players aged 15–17 y. BMI was determined using WHO Anhtro Plus, BF% was analyzed using Bioelectrical Impedance Analysis (BIA) and categorized using bodyfat curves for children, and dietary intake was assessed using 3×24 h dietary recall. Running-Based Anaerobic Sprint Test (RAST) was conducted twice and averaged to identify muscle fatigue. Pearson correlation and multiple-regression analysis were performed to determine the relationship between variables. The results showed that overall participants had healthy weight ( $17.61 \pm 1.82 \text{ kg/m}^2$ ), good diet pattern (energy  $99.08 \pm 14.34\%$ , carbohydrate  $92.88 \pm 9.54\%$  and protein  $95.96 \pm 23.41\%$ ), but low body fat ( $6.76 \pm 2.12\%$ ). In pearson test, negative correlations were found in muscle fatigue and BMI ( $r = -0.393$ ,  $p = 0.047$ ), as well as BF% ( $r = -0.458$ ,  $p = 0.019$ ), but positive between muscle fatigue and energy intake ( $r = 0.538$ ,  $p = 0.005$ ). Furthermore, multiple-regression analysis only confirmed statistically significant relationship between energy intake and muscle fatigue ( $p = 0.028$ ). We conclude that the higher BMI and BF% may lead to greater muscle fatigue, while higher energy intake has significant improvement to reduce muscle fatigue. Hence, it is essential for football players to consume adequate energy, and consider to maintain BMI and BF% at optimal range.

**Key Words** sport nutrition, football players, muscle fatigue

Football is the most prominent sport worldwide including Indonesia, performed by all layers of society regardless of gender and ages with different degrees of expertise. Nielsen Sports reported that Indonesia is the second highest country with 77% of the people interested in football (1). Sport achievement requires optimal performance, and therefore, it is important for football players to be able to maintain muscle strength through the entire match. Without neglecting the importance of aerobic capacity, anaerobic energy metabolism is imperative for underpinning numerous explosive movements and sustaining forceful contraction during a 90-minute game (2). Muscle fatigue is one of the major problems often encountered by athletes, which is caused by many factors such as gender, age, Body Mass Index (BMI), Body Fat Percentage (BF%), and dietary intake. A study reviewed that football participants consistently experienced a decline in performance in the second half of the match (3). This is because of the high-intensity maneuvers in football involving repeated sprint bouts and long runs with short period of recovery. Hence, it is crucial to apply sport sciences such as technical, tactical, physical, physiological, psychological, and nutrition into

practice to support sporting success (2, 4). The aim of this study was to investigate BMI, BF%, dietary intake (energy, carbohydrate, and protein) and its relationship with muscle fatigue among adolescent football players.

### MATERIALS AND METHODS

This was a cross-sectional study involving 26 male football players aged 15–17 y. The study was carried out in high school students of SMAN 2 and SMAN 3 Jombang, East Java, Indonesia. Participants were chosen if they practice at least 3 times per week for 1 h/session and not consuming any enhancing supplements such as caffeine, creatine, citrulline, arginine, and beta alanine, 1-wk prior recruitment. Participants were excluded if taking medical treatment or being injured. One day prior to the test, participants had to have sufficient sleep for 6–8 h and eat a balanced diet meal consisting of carbohydrate, protein, and vegetables 2–3 h before the test. In addition, they were instructed to wear comfortable clothes and shoes during the test.

**Protocol.** This study was performed for 8 d. In the first day, we measured participants' height and weight to determine BMI, body composition to analyze BF% using Bioelectrical Impedance Analysis (BIA) (Tanita BC-541), and dietary intake using 24-h dietary recall.

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After data completion, Running-Based Anaerobic Sprint Test (RAST) was conducted for the first time. There was a 7 d of washout period to allow ample time for muscle recovery before the second RAST. During washout period, dietary recall was assessed for the second time. RAST was run again in the eighth day, after we interviewed dietary recall for one more time (Fig. 1).

**RAST.** Participants were required to undertake 6 × 35 meter of sprints with 10 s recovery between each sprints. Two timekeepers were involved since one people timed each run of 35 m and the other timed the 10 s recovery period. Muscle fatigue was regarded as Fatigue Index (FI) in unit of percentage. The value is measured by calculating the difference between maximum and minimum power obtained from six sprints, then divided by its maximum power. The lower the value indicates that athletes have better muscle ability to maintain their performance from fatigue, vice versa (Fig. 2, 3).

The nutritional status of the participants was determined using WHO Anthro Plus. BF% was analyzed using Bioelectrical Impedance Analysis (BIA) and cate-

gorized using bodyfat curves for children (5). Dietary intake was randomly assessed using 3 × 24 h dietary recall and grouped as: severe deficit, moderate deficit, mild deficit, normal, and over (6). Additionally, RAST was conducted twice with 7 d of washout period and averaged to identify muscle fatigue.

**Statistical analysis.** For all normally-distributed data, we employed pearson to analyze significance relationship between variables, and spearman used if data were not normally-distributed. Furthermore, we also performed multiple-regression analysis using FI as dependent variable and age, BMI, BF%, and dietary intake as independent variables. All data analyses were performed in IBM SPSS Statistics 20 with alpha significance level of 0.05.

**Ethical approval.** This study was approved by Health Research Ethics Committee of Faculty of Public Health Airlangga University (143-KEPK) and conducted in accordance with the Declaration of Helsinki. All participants signed the informed consent after explanation regarding the study had been delivered. This study obtained the Universal Trial Number (UTN) U1111-1214-6071 and was also registered in the Thai Clinical Trials Registry (TCTR) as TCTR20180614005.

**RESULTS**

Table 1 depicts that overall participants had healthy weight (17.61 ± 1.82 kg/m<sup>2</sup>), good diet pattern (energy 99.08 ± 14.34%, carbohydrate 92.88 ± 9.54%, and protein 95.96 ± 23.41%), but low body fat (6.76 ± 2.12%). As seen in the Table 2 above, negative correlations were found significantly in: muscle fatigue and BMI (r = -0.393, p = 0.047), as well as BF% (r = -0.458, p = 0.019). Meanwhile, there was significant correlation in energy intake and muscle fatigue (r = 0.538, p = 0.005). Carbohydrate and protein intake did not show any significant relationship with muscle fatigue however (p > 0.05). Further data analysis using multiple-regression analysis in Table 3 only confirmed statistically significant relationship between energy intake and muscle fatigue (p = 0.028), but not age, BMI, and BF%.

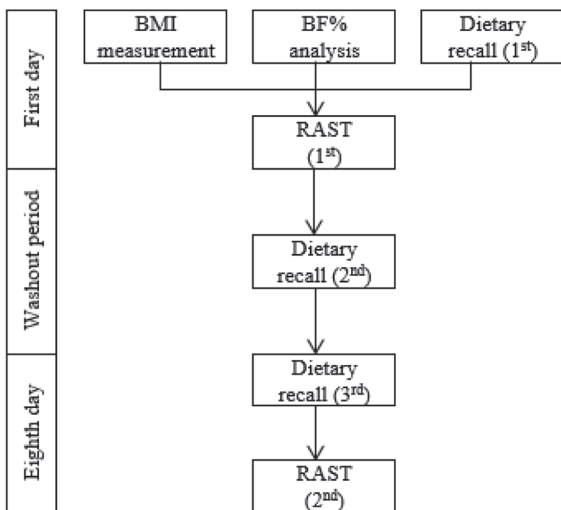


Fig. 1. Study protocol.

$$Power = \frac{\text{subject's weight} \times \text{distance}^2}{\text{time}^3}$$

Fig. 2. Power calculation formula.

$$FI = \frac{Power_{max} - Power_{min}}{Power_{max}}$$

Fig. 3. FI calculation formula.

Table 1. Characteristics of participants.

Variable	n=26				
	Mean	Median	Standard Deviation	Minimum Value	Maximum Value
BMI (kg/m <sup>2</sup> )	17.61	17.30	1.82	14.90	22.50
BF%	6.76	6.05	2.12	5.00	14.20
Energy Intake (% of requirement)	99.08	99.50	14.34	73.00	155.00
Carbohydrate Intake (% of requirement)	92.88	93.00	9.54	68.00	116.00
Protein Intake (% of requirement)	95.96	91.50	23.41	71.00	175.00
FI Average (%)	49.65	49	10.35	31.00	76.00

Table 2. Pearson test on characteristics and its relationship with muscle fatigue.

	FI (%)	
	<i>p</i>	<i>r</i>
BMI	0.047	-0.393*
BF%	0.019	-0.458*
Energy Intake	0.005	0.538**
Carbohydrate Intake	0.420	0.165
Protein Intake	0.390	0.176

\* Correlation is significant at the 0.05 level (2-tailed).

\*\* Correlation is significant at the 0.01 level (2-tailed).

Table 3. Multiple-regression test on characteristics and its relationship with muscle fatigue.

	FI (%)	
	<i>t</i>	<i>p</i>
Age	0.629	0.536
BMI	-0.662	0.515
BF%	-0.318	0.753
Energy Intake	2.363	0.028

## DISCUSSION

This study revealed that BMI and BF% were negatively associated with muscle fatigue, while positive correlation was found between energy intake and muscle fatigue. However, we did not see any significant relationship between carbohydrate and protein intake with muscle fatigue. Muscle fatigue was measured using RAST which requires low-cost equipment, and is a valid, reliable and easy-applied method to measure anaerobic power and capacity (7).

It is supported from previous study that higher BMI had greater fatigue compared to those who were non-obese (8). It was caused by the greater voluntary torque loss encountered by obese individuals during the fatigue protocols. The opposite interaction between BF% and muscle fatigue is aligned with Vaara et al. (9). Athletes have higher muscle fatigue when they have higher BF%. Hulens et al. explained that the higher degree of fat mass (dead weight), the higher the moment of inertia to overcome the weight when accelerated movement is executed (10).

In contrast, energy intake was positively correlated with muscle fatigue, and confirmed by multiple-regression analysis. The result was related with study in judokas athletes which found that caloric restriction led to poorer performance (11). Caloric restriction may lead to immune and endocrine function impairment as well as hormonal changes, therefore depressing the overall performance including increased muscle fatigue. Another study explained that inadequate energy intake might induce muscle fatigue by the intracellular acidosis mechanisms (12). In which, the key enzymes in glycolysis and glycolysis are phosphorylase and phos-

phofructokinase, respectively. Both of these enzymes are inhibited at low pH in vitro, and hence the rate of ATP supply to energy-requiring processes might be diminished in muscles that become acidic during fatigue.

In conclusion, to reach the highest performance during the game, it is essential for football players to consume adequate energy, and consider to maintain BMI and BF% at optimal range. Our findings add evidence regarding the various factors associated with muscle fatigue.

## Disclosure of state of COI

No conflicts of interest to be declared.

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