Nutritional strategies of British professional and amateur natural bodybuilders during competition preparation

CHAPPELL, Andrew <http://orcid.org/0000-0003-3999-9395>, SIMPER, Trevor <http://orcid.org/0000-0002-4359-705X> and HELMS, E.

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Table S1. Estimated energy expenditure and deficit of British natural bodybuilders during competition preparation.

|        | Start | PRO  | SD   | AMA  | SD  | p value | PRO  | SD  | AMA  | SD  | p value | Mean | SD | Mean | SD |
|--------|-------|------|------|------|-----|---------|------|-----|------|-----|---------|------|----|------|----|
| BMR    |       |      |      |      |     |         |      |     |      |     |         |      |    |      |    |
| Male   |       |      |      |      |     |         |      |     |      |     |         |      |    |      |    |
| PRO    | 1973  | 96   | 1958 | 102  |     | 0.712   | 1390 | 49  | 1399 | 56  | 0.754   | 1961 | 100| 1396 | 52 |
| Female |       |      |      |      |     |         |      |     |      |     |         |      |    |      |    |
| PAL    | 3353  | 163  | 3195 | 687  |     | 0.296   | 2362 | 83  | 2378 | 96  | 0.754   | 3233 | 604| 2373 | 89 |
| End    |       |      |      |      |     |         |      |     |      |     |         |      |    |      |    |
| BMR    | 1819  | 76   | 1783 | 78   |     | 0.267   | 1317 | 40  | 1312 | 40  | 0.827   | 1792 | 78 | 1314 | 38 |
| PAL    | 3092  | 129  | 3031 | 133  |     | 0.269   | 2239 | 64  | 2231 | 68  | 0.827   | 3046 | 132| 2334 | 64 |

Estimated Energy Deficit

|        | Start | PRO  | SD   | AMA  | SD  | p value | PRO  | SD  | AMA  | SD  | p value | Mean | SD | Mean | SD |
|--------|-------|------|------|------|-----|---------|------|-----|------|-----|---------|------|----|------|----|
| BMR    |       |      |      |      |     |         |      |     |      |     |         |      |    |      |    |
| Male   |       |      |      |      |     |         |      |     |      |     |         |      |    |      |    |
| PRO    | 1560.5| 524.9| 1089.3| 466.1|   | 0.088   | 1073.4| 538.6| 900.6| 389.9| 0.549   | 1203.5| 515.0| 962.3| 436.1|
| Female |       |      |      |      |     |         |      |     |      |     |         |      |    |      |    |
| PAL    | 179.7 | 532.5| -226.2| 629.6|   | 0.034   | 100.6 | 551.8| -78.6| 421.8| 0.550   | -127.8| 624.9| -14.6| 459.4|
| End    |       |      |      |      |     |         |      |     |      |     |         |      |    |      |    |
| BMR    | 1199.4| 516.6| 546.6| 447.4|   | 0.008   | 518.7 | 269.9| 348.5| 432.0| 0.383   | 704.9 | 537.8| 409.2| 380.0|
| PAL    | -73.9 | 485.1| -701.5| 462.7|   | 0.008   | -403.3| 248.5| -570.2| 445.4| 0.386   | -549.4| 535.4| -510.6| 384.6|

Table S1. Estimated energy requirements and deficit of competitors with and without the addition of PAL (BMR x 1.7). p value, difference in means between PRO and AMA. Data analysed using an Independent T-Test. Statistical significance assumed where p < 0.05

Abbreviations: BMR basal metabolic rate, PAL physical activity and lifestyle factor, EED estimated energy deficit, PRO professional, AMA amateur, SD standard deviation
