

# Macronutrients and the development of depressive symptoms in young elite athletes from Northwestern Switzerland



## Study design

Aug	Baseline
Nov	Nutritional protocol
June	Follow-up

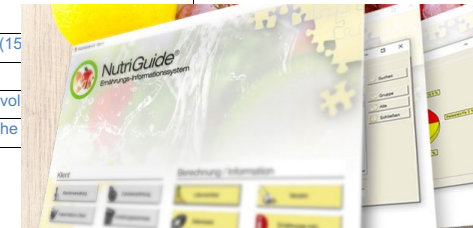


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3-Tage-Ernährungsprotokoll Beispiel:

Tag 1		Datum: Freitag, 7.8.2018
Uhrzeit	Menge	Lebensmittel
06.45	1 Becher (200 ml)	Milchkaffee (1,5% Fett)
	1 TL	Zucker
	1	Brötchen (Weizenbrötchen, hell)
	1	Mehrkornbrötchen (mit Leinsamen, Sesam, Sonnenblumenkernen, dunkel)
	2 EL	Halbfettmargarine (Lätta)
	1 EL	Honig
	1 Scheibe	Gouda (45% i.Tr.)
	1 Scheibe	Kochschinken
	50 g	Camembert (60%)
09.30	1 Becher (200 g)	Fruchtjoghurt Kirsche (Bauer)
	1 Tasse (150 ml)	Kaffee mit Milch (1,5% Fett)
	1 Tablette	Süßstoff
	1 normalen	Apfel
12.30	1 normaler Teller	Blumenkohl-Kartoffel-Auflauf mit Käsesahnesoße (Kantine)
	1	Eis (Magnum Mandel)
	0,5 l	Wasser
15.30	1 Tasse (150 ml)	Kaffee mit Milch (1,5% Fett)
	1 Tablette	Süßstoff
	3	Schokokekse (Butterkeks mit Schokolade, Aldi)
17.00	1	Kaugummi (Orbit)
19.00	2 Stücke	Pizza mit Tomatensoße, Thunfisch, Paprika, Salami, Edamer-Käse
	1 kleiner Teller	Gemischter Salat mit Essig-Öl-Dressing
	1 Glas (150 ml)	
	0,5 l	
21.30	2 Handvoll	
	1 Flasche	



# Results



After controlling for age and sex ( $p = ns$ ) and baseline values for depression ( $B_{Stand} = .41, p < .001$ ), the **depressive symptom burden at follow-up were predicted by two out of three macronutrients** ( $R^2 = .24, p < .05$ ).

While a **high-protein diet** was associated with fewer depressive symptoms ( $B_{Stand} = -.40, p < .01$ ), a **high-fat diet** was associated with more depressive symptoms ( $B_{Stand} = .33, p < .05$ ).

There was no significant association with respect to the **carbohydrates** ( $B_{Stand} = -.12, p = ns$ ).