**Table 2: Nutritional intakes of swimmers divided by gender**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Average (± SD) |  |  | t\* | p (2-tailed)\* |
|  | All (N= 19) | Male swimmers (N= 6) | Female swimmers (N=13) |  |  |
| CHO intake/kg BW (g/kg) | 7,24 ± 1,92 | 8,08 ± 1,32 | 6,85 ± 2,07 | 1,33 | 0,201 |
| Protein intake/kg BW (g/kg) | 2.03 ± 0.76 | 2,70 ± 0,90 | 1,72 ± 0,44 | 3,21 | 0,005 |
| Fat (% EI) | 25,06 ± 25,98 | 23,07 ± 4,54 | 25,98 ± 7,10 | -0,916 | 0,373 |
| Saturated fat (% EI) | 8,67 ± 9,00 | 8,67 ± 2,94 | 9,00 ± 2,48 | -0,257 | 0,800 |
| Iron itake (mg) | 19,47 ± 7,18 | 25,75 ± 6,89 | 16,57 ± 5,35 | 3,180 | 0,005 |
| Calcium intake (mg) | 1156,99 ± 516,64 | 1715,57 ± 352,75 | 899,19 ± 347,17 | 4,742 | 0,000 |
| Vitamin D intake (µg) | 4,84 ± 4,76 | 9,20 ± 6,31 | 2,83 ± 1,88 | 2,424 | 0,056 |

EI – energy intake, CHO –carbohydrate, BW – body weight \*Difference between male and female swimmers