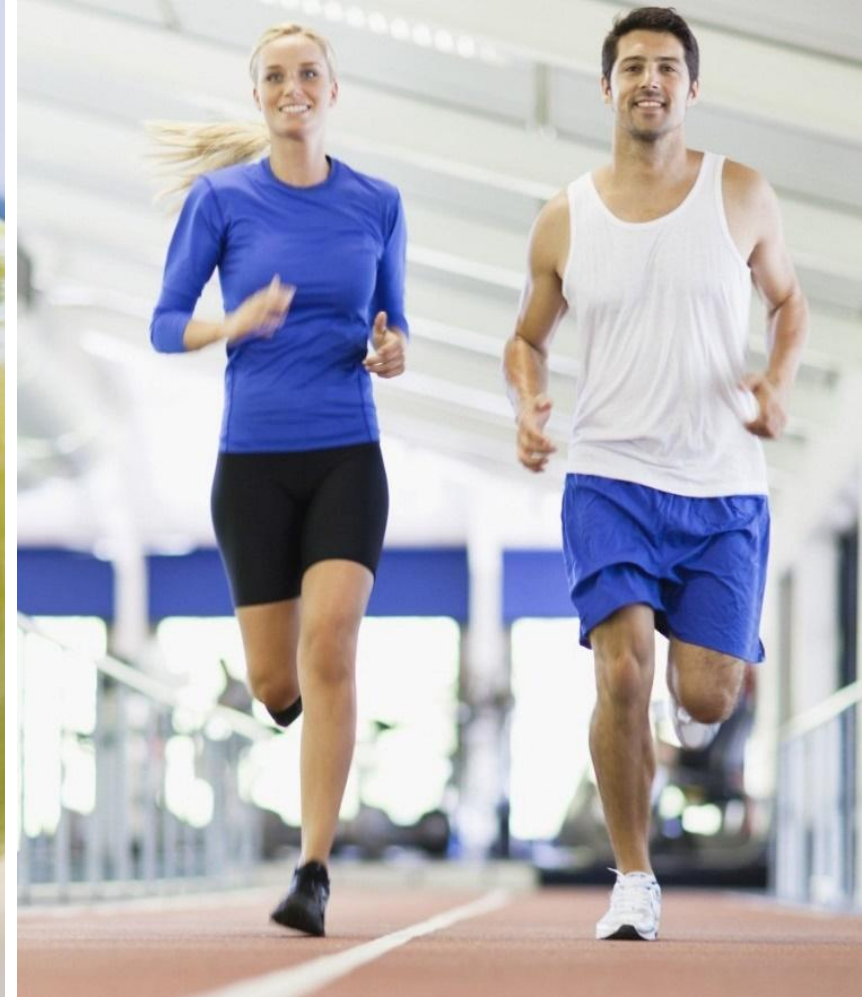




THE PERFORMANCE KITCHEN

RESEARCH PROJECT



PERFORMANCE KITCHEN PROGRAM

Impact of a 36 Weeks Education Programme on Mauritian Elite Athletes

Enhancing Athletic Performances through Nutrition

- Presented by



Yannick Lincoln - Director

EXPERIENCE – LEARN IT THE HARD WAY



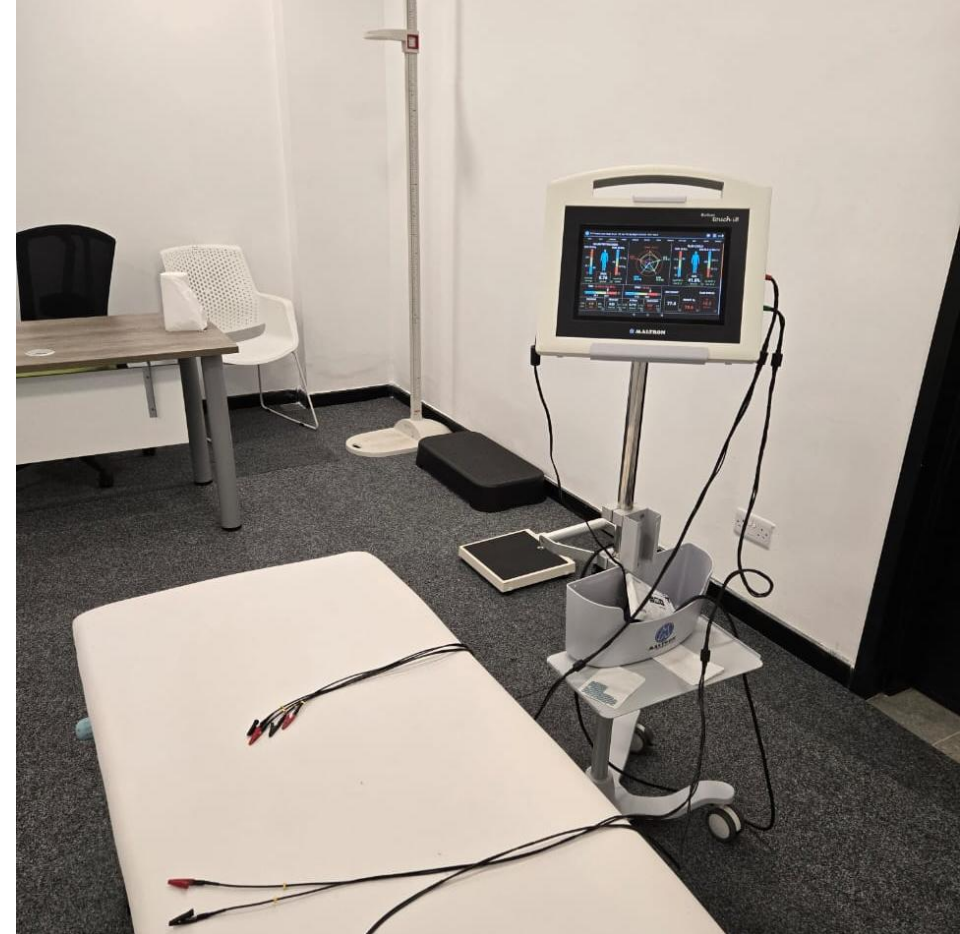
BACKGROUND AND CONTEXT- 3

- Importance of Nutrition in Elite Performance
- Gaps in Nutritional knowledge among athletes
- Local dietary trends in Mauritius (rise in processed food, low micronutrient intake)



OBJECTIVE OF THE STUDY- 4

- Evaluate the effectiveness of a structured nutrition education programme
- Assess impact on body composition and biomarkers
- Measure improvements in nutrition knowledge and behaviour



STUDY DESIGN AND METHODOLOGY- 5

- Participants: 50 elite athletes (M=38, F=12)
- Duration: 36 weeks
- Intervention: Workshops, consultations, tailored meals
- Data: GNKQ, body composition, biomarkers, satisfaction survey



THE PERFORMANCE KITCHEN PROGRAM- 6



Educational workshops:
macronutrients,
hydration, smart
snacking, etc.

Practical component:
Healthy meals designed
with local ingredients

Collaboration:
Nutritionist, chefs
(Beach Comber
Catering) , lab
(QuantiLab, Abiolabs)

PARTICIPANTS DEMOGRAPHICS- 7

- Age: Majority >25 years
- Gender: 74% male
- Sports: Opposition (44%), Strength (34%), Endurance (22%)
- Education: 54% O-levels, 16% degree or higher

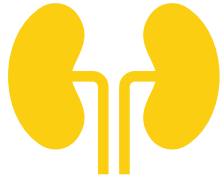


ANTHROPOMETRIC & BODY COMPOSITION ANALYSIS- 8

- Males:
Muscle mass: +16–20%
Strong correlation with total body weight ($r = 0.98$)
- Females:
Body fat: -5.2%
Dry body weight: +15%



BIOMARKER FINDINGS- 9



- Improvements noted in Vitamin D, Creatinine, HbA1c



- Temporal patterns aligned with education and meal provision phases



- Minor fluctuations in electrolytes

ATHLETE SATISFACTION & BEHAVIOR CHANGE-10

- 93% reported improved knowledge
- 86% more conscious about food labels and nutrition
- 80% adopted the meal recommendations
- Barriers: time, cost, cooking skills



DISCUSSION & INSIGHTS-11



Nutrition education improves knowledge and habits



Impact observed in measurable physical changes



Local foods can meet high-performance nutrition standards



Program feasibility confirmed with athlete engagement

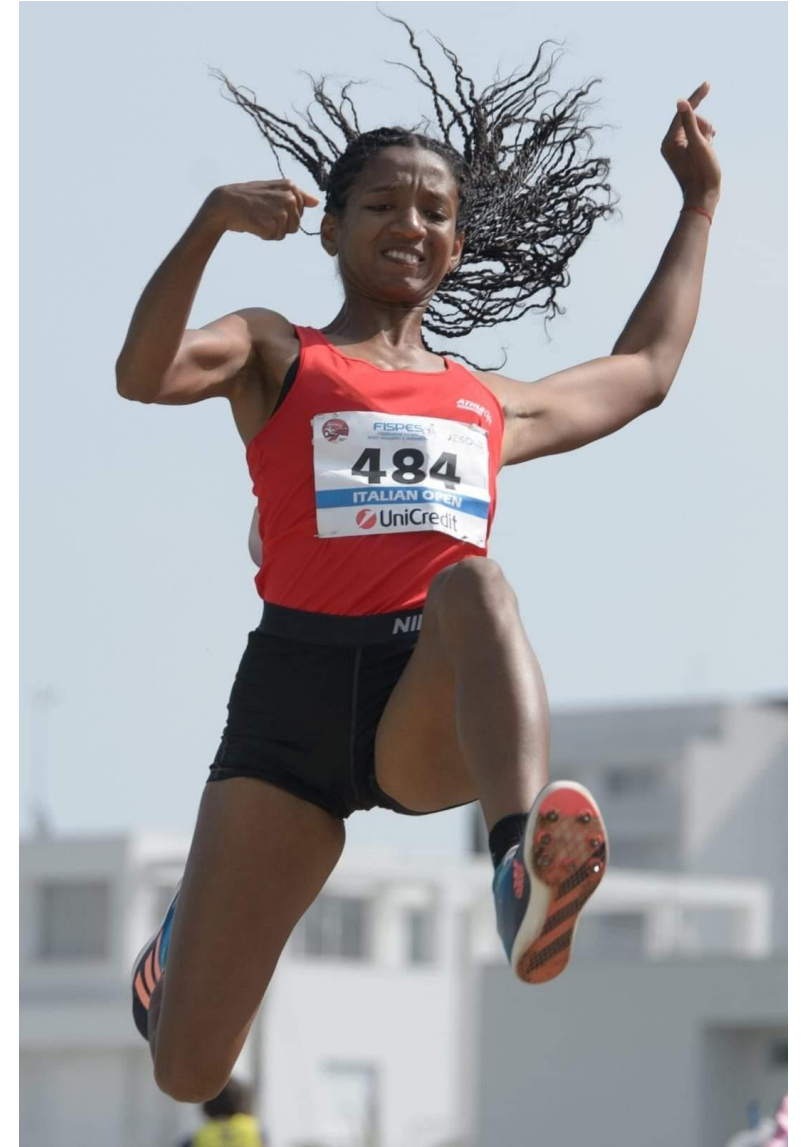
LIMITATIONS-12

- Small sample size
- Data collection gaps (travel, competitions)
- No control group
- Need for longer-term follow-up and sport-specific focus



RECOMMANDATIONS-13

- Institutionalize nutrition education at the HPC
- Create sport-specific meal plans
- Digital tools for ongoing education
- Train peer mentors & integrate Kreol for accessibility



CONCLUSION-14

- Performance Kitchen model shows measurable benefits
- First benchmark study for elite athlete nutrition in Mauritius
- Basis for wider implementation and research



ACKNOWLEDGEMENTS & QUESTIONS-14

- Thank stakeholders, athletes, staff, and QuantiLab, Abiolabs, Beach Comber.
- Invite questions & discussion

