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Eating disorders in male athletes: It is just as hard to be Ken as Barbie

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In the US, approximately 10 Million men will suffer from a clinically significant eating disorder at some time in their life, including anorexia nervosa, bulimia nervosa, or binge eating disorder. Certain eating disorder type behaviors (including binge eating, purging, and laxative abuse and fasting for weight loss) are nearly as common among males as they are among females. Men with eating disorders often suffer from comorbid conditions such as depression, excessive exercise, substance disorders, and anxiety. Some of the reasons men suffer from eating disorders is pressure to be lean and muscular, body dysmorphia and desire to compete in certain sports. Many men are afraid to admit their eating disorders, which mean they may never seek help.

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Nutritive composition analysis of honeybee *Apis mellifera* L. brood as edible insect: Chemical composition and amino acids content

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The aim of research is to analyze and recognize the chemical composition of worker and drone honeybee brood, (larvae and pupae), and their content of amino acids. Larvae and pupae of workers and drones of honeybee were collected from bee hives and dried at 90°C for 180 min., then stored in vacuum bags in deep freezer until analysis. The chemical composition appeared that, in general, the pupae contain higher protein (43.1%), fat (18.1%), fiber (3.2%) and ash (4.5%) than the larvae (40.8%, 14.7%, 2.3% and 4%, respectively). In contrast, the dried larvae (workers and drones) had more carbohydrate (20.5%) and moisture (6.5%) than the pupae (15.2% and 5.4%, respectively). The dried pupae contained significant amount of amino acids (91.6%) than larvae (82.1%). All essential amino acids were detected in a considerable quantity in pupae (41.3%) and larvae (36.6%). The drone brood (average larvae and pupae) increased in their content of protein (44.3%) and fat (21.8%) than the workers brood (41.9% and 16.4%, respectively), while they reversed for carbohydrate and ash. They had similar amounts of crude fiber. The protein efficiency ratio was ranged from 3.397, (larvae) to 3.765 (pupae). The biological values of larvae and pupae were 85.66 and 89.55, respectively. The amino acid score of the mixed brood was higher than the recommended values by FAO/WHO for children and adults and the methionine being the limited amino acid. Generally, this study showed that the nutritional value and vitality of the honeybee brood (dried larvae and pupae) as a new source of animal protein.

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