
General Sports Nutrition

Nutrition is a vital ingredient for gaining successful sports performance. The athlete's diet is important for both physiological and psychological reasons and therefore the goals of the food service program should be to:

- Provide fueling and hydration for successful performance;
- To enhance health and wellbeing;
- To optimize body composition
- To meet cultural needs and
- To provide a psychological edge and aid recovery.

Sources of Calories: General Recommendations: % of total calories consumed.

Carbohydrates 55-65% (i.e. starch, pasta, broth, cereal, potato, rice, sugar, sweets)

Protein 15-20% (i.e. meat, fish, dairy products, eggs)

Fats 25-30% (i.e. butter, meat, fried products, nuts)

When preparing the menus for the competition please consider the following recommendations.

- Low fat cooking methods to be adopted (baked, boiled, steamed, roasted), with no butter or oils added and with sauces and dressings available on the side.
- Use broth or stock rather than cream soups.
- Do not add salt to prepared meals.
- At lunch and dinner times include a protein, grain and vegetables/salad
- Provide at least 2 entrees at each main meal - one vegetarian and one with red or white meat.
- Include green salads with dressing on the side
- Incorporate plain pasta, bread and rice at every meal
- An international cuisine including condiments (e.g. North American, Asian, European diet). should be available.
- Menu rotation should occur to ensure variety throughout the event.
- Include seasonal and local food products.
- All food and beverages must comply with the anti-doping program.
- Approximately 100 calorie healthy snacks should be provided during the day and evening e.g. fresh fruit, yogurt, bars etc.
- Special nutrition needs such as gluten free and lactose free products should be available. Universal allergens must be identified and clearly labeled on all prepared dishes
- All food and beverages must be properly stored and maintained at an appropriate temperature which complies with the local health regulations (e.g. cold food below 5c and hot food above 60c).
- Use clean tablecloths and ensure the tables are cleaned regularly to maintain a hygienic environment.
- Breakfast should be available a few hours before the first morning event. The dining hours should consider the schedule of the athletes so that all competitors have access to three meals per day.
- Complementary foods and fluids should be available an hour prior and after the training/competition times.