

# Nutritional Requirements for winter sports athletes

## INTRODUCTION

The following document is a summary of the nutritional requirements that LOCs can use to develop their menu for Ski and Snowboard events.

The Nutritional Guide gives examples of a seven-day meal plan that respects cultural differences – hence a North American, European and Asian meal plan. It is essential that hotels/LOCs serve the teams a diet that provides familiar, varied and nourishing foods in abundant quantities. Organisers must also provide appropriate snacks, warm and cold meals, fruit and drinks in training and competition venues for athletes and team staff.

## FLEXIBLE SERVING TIMES

Each team will have a different schedule, therefore meal times will need to be flexible to accommodate their needs. The following principles must be followed for teams and hotels.

- Hotels must have a contact person who can deal directly with team personnel and their meal needs. The team must be able to contact this person in case of program changes and any concerns about meal needs.
- Meal times must be flexible. The team schedule can change and hotels must be prepared to meet these needs. The hotel must be able to serve breakfast before early morning practices and also dinners after late evening competitions.

## MEAL TIMES

- Athletes will need a pre-competition meal three to four hours before their competition and perhaps a snack 1 to 2 hours before their race or training.
- Athletes will also need to have meals or snacks shortly after practice or competitions.

## TYPES OF FOODS

- Three entrée choices must be served (i.e. chicken, fish, vegetarian) and at least one of the dishes should accommodate cultural differences.
- A salad and soup must be served at every meal. Preferably freshly cooked soups (not canned). It's recommended to serve fresh salads instead of canned products with olive oil, vinegar, low-fat dressings (served apart).
- A carbohydrate-rich option like pasta, rice or potatoes must be available at every meal, including one gluten-free option.
- Gravy and sauces should be served on the side.
- The preferred cooking style for vegetables is cooked, steamed or oven-baked.
- A buffet self-serve style is necessary to allow athletes to eat in abundant quantities to satisfy their nutritional athletic demands.
- Please use spices, herbs, butter and salt in moderation.

## **FLUIDS**

- Bottled water must be available during meals and at venues.
- A choice of fruit and vegetable juices should be offered at every meal.
- Coffee and tea should be available to athletes and officials.

## **BREAKFAST**

A hot and cold buffet that includes the following items must be available to the athletes:

- Various breads
- Cold cereal, preferably unsweetened, e.g. rolled oats, cornflakes, Weetabix
- Fruits- fresh, canned or dried
- Nuts and seeds can be added to the cereal.
- Pancakes, French toast and porridge
- Eggs boiled, poached or scrambled
- Meats – ham, low-fat deli meat
- Yoghurt (natural, low fat, fruit, vanilla), milk puddings, milk and non-dairy options (milk alternative)
- Spreads- butter, margarine, jam, honey
- Gluten-free and vegan choices need to be available

## **LUNCH AND DINNER**

- One soup
- Salad buffet including low-fat dressing, oil and vinegar
- Pasta dish and other carbohydrates such as rice or potatoes.
- A low-fat pasta sauce on the side
- Two meat, poultry dishes (preferably with one fish choice)
- Two or more cooked vegetables in contrasting colours and shapes
- Fruit dish, low fat cake, puddings etc.
- Variation of breads, including a whole grain option
- Gluten-free and vegan choices need to be available

Please make sure that hot meals can remain warm in case you provide a buffet.

## SNACKS

Snacks must be available at the hotel and in the venue.

- Sandwiches
- Bars (low-fat options preferred; fruit bars, cereal bars)
- Fresh fruit
- Breads and crackers
- Cookies
- Yogurt (low-fat, plain and fruit varieties)
- Nuts or trail mix (unsalted, unsweetened)
- Gluten-free and vegan choices need to be available

## ENERGY REQUIREMENTS

A male athlete will need at approx. 4500 kcal/day while a female athlete will require 3500 kcal/day to meet the nutritional needs during a normal endurance competition.

### Example meal options for lunch and dinner:

- Pea soup, spaghetti and boiled potatoes; chicken breast, salmon and ricotta; fresh salads, fruit & lemon cake
- Minestrone, Gnocchi with ricotta, tomato sauce, brown rice
- Carrot soup, risotto with broccoli, quinoa, veal, omelette, cooked vegetables, fruit, chocolate muffins
- Tomato soup, tortellini, rice, chicken curry, fish, steamed vegetables, fruit and rice pudding
- Broccoli soup, boiled sweet potatoes, whole grain pasta, chicken breast, fish,
- Beet soup, Vegetarian burger, meat burger, oven-baked potatoes, salads and grilled vegetables; fruit and apple strudel
- Noodle soup, mozzarella-tomato, prosciutto ham, pasta, rice, fruit and crostata
- Zucchini soup, pasta with mozzarella and green pesto, millet, turkey with lemon marinade, fruit cake, yoghurt