

Nutrition plays a pivotal role in supporting athletes' successful performance. A well-planned food service program can contribute to physiological and psychological wellbeing, optimize body composition, and aid recovery. To achieve these goals, consider the following recommendations for providing fueling and hydration during events:

1. Sources of Calories: Aim for the following percentages of total calories consumed:

- Carbohydrates: 55-65% (e.g., starch, pasta, broth, cereal, potato, rice, sugar, sweets)
- Protein: 15-20% (e.g., meat, fish, dairy products, eggs)
- Fats: 25-30% (e.g., butter, meat, nuts, avoid fried products)

2. Menu Preparation:

- Utilize low-fat cooking methods (baked, boiled, steamed, roasted) without adding butter or oils. Offer sauces and dressings on the side.
- Opt for broth or stock instead of cream soups.
- Avoid adding salt to prepared meals.
- Provide balanced meals at lunch and dinner, including protein, grain, and vegetables/salad.
- Offer at least three dishes per main meal, including one vegetarian, one with red or white meat and one fish.
- Incorporate green salads with dressing on the side.
- Include plain pasta, bread, and rice in every meal.
- Offer an international cuisine, including condiments from different diets (e.g., North American, Asian, European).

3. Variety and Local Foods:

- Rotate the menu to ensure variety throughout the event.
- Include seasonal and local food products.
- Ensure all food and beverages comply with the anti-doping program. Consider NSF certified sources, if available.

4. Snacks, Recovery and Special Nutrition Needs:

- Provide approximately 100-calorie healthy snacks during the day and evening, such as fresh fruit, yogurt, and nutrition bars.
- Accommodates special dietary needs, offering gluten-free and lactose-free products.
- Clearly label universal allergens on all prepared dishes.

5. Drinks

- Provide coffee, tea, low-fat milk or plant-based milk alternatives.
- Throughout the day, it's essential to keep athletes well-hydrated.

Offer plenty of water and electrolyte-rich beverages, such as coconut water, sports drinks (be mindful of added sugars), herbal teas, green tea, and other traditional local beverages.

6. Food Safety and Hygiene:

- Store and maintain all food and beverages at appropriate temperatures in compliance with local health regulations (e.g., cold food below 5°C and hot food above 60°C).
- Use clean tablecloths and ensure regular table cleaning to maintain a hygienic environment.
- Hand sanitizers are available in all dining areas.

7. Dining Schedule:

- Offer breakfast a few hours before the first morning event.
- Ensure dining hours align with athletes' schedules, allowing access to three meals per day.
- Provide complementary foods and fluids an hour before and after training/competition times.
- LOC event schedulers may want to work with event hotels to make sure there is something available late at night for athletes returning from very late competition and/or doping control.

By following these guidelines, you can provide athletes with the essential nutritional support they need for peak performance and overall wellbeing during the event.

Remember that proper nutrition can be a game-changer in helping athletes achieve their best.

Global food options

We recognize that dietary requirements and food availability vary significantly around the world. Our utmost priority is to provide athletes with the best possible nutrition to support their training and performance.

We are well aware of the importance of offering a wide variety of food choices that align with the cultural preferences and local produce available at each event location. Therefore, we should strive to create menus that take into consideration the regional specialties and traditional dishes that athletes might be familiar with. The aim would be to strike a balance between catering to diverse tastes while ensuring that each meal meets the high nutritional standards required for top-tier athletes.

While it is impossible to accommodate the diverse needs of every individual athlete, it is optimal to provide choices for special dietary requirements, including vegetarian, gluten-free, and lactose-free options, making every effort to label allergens clearly on all prepared dishes.

Recovery station (Skaters' lounge)

Athlete recovery nutrition is crucial during skating competitions to optimize performance. Properly timed meals and snacks with a balanced ratio of carbohydrates to protein aid in replenishing glycogen stores and repairing muscle tissues. This supports skaters in maintaining energy levels, enhancing endurance, and reducing the risk of fatigue and injury. Adequate recovery nutrition also accelerates recovery between events, ensuring peak physical and mental readiness for each performance on the ice.

Many LOCs provide local snack food as a "fun" alternative for the athletes, and a nice way to spread culture and share local customs. This is a great tradition enjoyed by the athletes and international guests alike, but care should be taken to not fill athlete spaces with less nutrient dense choices in lieu of performance fueling.

Appendix 1

Examples of possible nutritional choices per diets and regions for hotels and Skaters' lounge are listed in **Appendix 1**, according to the following categories:

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The following sample menus are **EXAMPLES** of possible nutritional choices per diets and regions. Selections from these diets and regions should be incorporated into the menu in order to meet the nutritional needs of all the competitors attending the event.

NO DIETARY RESTRICTIONS

North America

Breakfast:

- Scrambled egg whites with spinach and cherry tomatoes
- Whole-grain toast with avocado spread
- Fresh fruit salad with mixed berries and melon

Lunch:

- Grilled chicken breast salad with mixed greens, cucumbers, and bell peppers (Lean protein source and carbohydrate source)
- Quinoa and black bean salad with lime dressing (Additional carbohydrate source)
- Whole-grain roll on the side (Carbohydrate source)

Afternoon Snack:

- Greek yogurt with honey and sliced almonds (Lean protein source and carbohydrate source)
- Whole-grain crackers with hummus (Additional carbohydrate source)

Dinner:

- Baked salmon with lemon and dill (Lean protein source)
- Steamed broccoli and cauliflower (Carbohydrate source)
- Brown rice pilaf with peas and carrots (Additional carbohydrate source)

Evening Snack:

- Cottage cheese with sliced peaches (Lean protein source and carbohydrate source)
- Whole-grain oatmeal cookies (Additional carbohydrate source)

Europe

Breakfast:

- Oatmeal with fresh berries, sliced bananas, and a sprinkle of nuts or seeds for added protein and healthy fats.
- Whole-grain toast with a thin spread of almond butter or avocado, and a side of sliced tomatoes and cucumbers.
- Yogurts, cheese, cold meat, bread selections.

Lunch:

- Grilled chicken or tofu salad with mixed greens, cherry tomatoes, bell peppers, and a light vinaigrette dressing made with olive oil and lemon juice.
- Quinoa and vegetable stuffed bell peppers served with a side of steamed broccoli.

Afternoon Snack:

- Greek yogurt with a drizzle of honey and a handful of mixed nuts for added protein and healthy fats.
- Fresh fruit salad with a variety of seasonal fruits.

Dinner:

- Baked salmon or cod served with roasted sweet potatoes and steamed asparagus.
- Vegetable stir-fry with tofu or lean beef, using minimal oil and soy sauce for seasoning.

Evening Snack:

- Rice cakes topped with hummus and sliced cucumbers.
- A small bowl of air-popped popcorn seasoned with herbs and spices.

China

Breakfast:

Congee Options:

- Lean chicken congee topped with green onions and sesame seeds.
- Tofu and mushroom congee garnished with cilantro and toasted peanuts.
- Shrimp congee with a sprinkle of fried shallots and a drizzle of sesame oil.
- Vegetable congee with a mix of broccoli, carrots, and snow peas.

Fresh Fruit Salad:

- Sliced oranges, apples, and dragon fruit topped with pomegranate seeds.
- Mixed melon salad with cantaloupe, honeydew, and watermelon.
- Kiwi and strawberry salad with a touch of mint.
- Papaya and pineapple salad with a squeeze of lime juice.

Lunch:

Stir-Fry Options:

- Beef stir-fry with broccoli and bell peppers in a savory oyster sauce.
- Spicy tofu stir-fry with bok choy and shiitake mushrooms.
- Shrimp stir-fry with snap peas and carrots in a garlic ginger sauce.
- Vegetable stir-fry featuring asparagus, baby corn, and water chestnuts.

Dumpling Choices:

- Steamed shrimp dumplings served with a light soy dipping sauce.
- Pan-fried pork dumplings with a side of black vinegar and ginger.
- Vegetarian dumplings filled with spinach, carrots, and tofu.
- Chicken and mushroom dumplings accompanied by a chili garlic sauce.

Afternoon Snack:

Dim Sum Selection:

- Steamed BBQ pork buns (Char Siu Bao).
- Pan-fried shrimp and chive dumplings (Har Gow).
- Steamed custard buns (Lai Wong Bao).
- Savory turnip cakes (Law Bok Gow) with a side of chili sauce.

Fresh Fruit:

- Sliced mango, lychee, and guava served with a dollop of Greek yogurt.
- Orange segments, kiwi slices, and pomegranate arils topped with honey.
- Dragon fruit, papaya, and pineapple spears with a squeeze of lime juice.

Dinner:

Noodle Choices:

- Dan Dan noodles with minced pork, peanuts, and scallions.
- Sesame peanut noodles with cucumber and bean sprouts.
- Vegetable lo mein with a mix of colorful veggies.
- Spicy tofu and black bean noodles garnished with cilantro.

Rice Dishes:

- Fried rice with shrimp, eggs, and mixed vegetables.
- Pineapple chicken fried rice with cashews and raisins.
- Vegan coconut curry rice with chickpeas and green peas.
- Egg fried rice with peas, carrots, and green onions.

Evening Snack:

Steamed Buns:

- Sweet red bean buns (Anpan).
- Savory pork buns (Cha Siu Bao).
- Steamed vegetable buns.
- Custard-filled buns (Nai Wong Bao).

Fresh Fruit Platter:

- Sliced oranges, apples, and clementines served with a side of honey.
- Mixed berries, kiwi slices, and pomegranate arils sprinkled with chia seeds.
- Mango, watermelon, and cantaloupe cubes drizzled with coconut milk.
- Sliced papaya, guava, and pineapple served with a squeeze of lime juice.

Japan

Breakfast:

Traditional Japanese Breakfast:

- Grilled miso-marinated salmon with steamed rice and pickled vegetables (Tsukemono).
- Tofu and seaweed salad with a side of simmered daikon radish.
- Vegetable and mushroom miso soup with green tea.

Fresh Fruit Bowl:

- Sliced mandarin oranges, apples, and grapes served with a dollop of Greek yogurt.
- Mixed melon salad with cantaloupe, honeydew, and watermelon.
- Kiwi and strawberry salad with a touch of mint.
- Pineapple and papaya chunks sprinkled with toasted coconut.

Lunch:

Sushi Selections:

- Assorted sushi rolls with tuna, salmon, and avocado.
- Vegetarian sushi rolls with cucumber, avocado, and pickled radish.
- Miso soup with tofu, wakame seaweed, and green onions.

Ramen Varieties:

- Traditional tonkotsu ramen with sliced pork belly and soft-boiled egg.
- Miso ramen with bean sprouts, corn, and marinated bamboo shoots.
- Vegetarian ramen with tofu, bok choy, and shiitake mushrooms.
- Spicy tan-tan ramen with ground meat and shredded scallions.

Afternoon Snack:

Japanese Snack Platter:

- Rice crackers (Senbei) with various flavors like soy sauce and seaweed.
- Roasted green tea (Matcha) flavored mochi.
- Wasabi-flavored dried peas.
- Roasted chestnuts.

1. Fresh Fruit Skewers:

- Skewers of grapes, strawberries, and melon balls drizzled with honey.
- Pineapple and kiwi skewers with a sprinkle of black sesame seeds.
- Mandarin orange and peach skewers with a touch of cinnamon.

Dinner:

Donburi Bowls:

- Gyudon (Beef bowl) with simmered beef and onions over rice.
- Oyakodon (Chicken and egg bowl) with dashi-flavored chicken and egg topping.
- Kaisendon (Seafood bowl) with assorted sashimi over sushi rice.

- Yasai don (Vegetable bowl) with sautéed vegetables and tofu over rice.

Evening Snack:

Japanese Desserts:

- Matcha green tea ice cream with red bean paste (Anko).
- Dorayaki pancakes filled with sweet red bean paste.
- Fresh fruit platter with an assortment of seasonal fruits.

Fresh Fruit Infused Water

VEGETARIAN**North America**

Breakfast:

- Scrambled tofu with spinach and bell peppers (Tofu as the primary protein source)
- Whole-grain toast with avocado spread (Carbohydrate source)
- Fresh fruit salad (Carbohydrate source)
- Greek yogurt with honey and mixed nuts (Additional protein and carbohydrate source)

Lunch:

- Quinoa and chickpea salad with mixed vegetables (Quinoa and chickpeas as protein sources, quinoa also a carbohydrate source)
- Whole-grain pita bread with hummus (Hummus as an additional protein source)
- Roasted sweet potato wedges (Carbohydrate source)
- Green salad with mixed greens, cherry tomatoes, cucumbers, and balsamic vinaigrette (Carbohydrate source)

Afternoon Snack:

- Protein smoothie made with plant-based protein powder, almond milk, banana, and berries (Protein and carbohydrate source)
- Whole-grain energy bar (Carbohydrate source)

Dinner:

- Lentil and vegetable stir-fry served over brown rice (Lentils as a protein source, brown rice also a carbohydrate source)
- Grilled zucchini and bell peppers (Carbohydrate source)
- Steamed broccoli (Carbohydrate source)
- Quinoa and kale salad with a lemon-tahini dressing (Quinoa as an additional carbohydrate and protein source)

Evening Snack:

- Almond butter on whole-grain crackers (Protein and carbohydrate source)
- Fresh fruit (Carbohydrate source)

Europe

Breakfast:

- Oatmeal cooked with almond milk and topped with mixed berries and sliced almonds (Carbohydrate and protein source)
- Whole-grain toast with peanut butter (Protein and carbohydrate source)
- Fresh orange juice (Carbohydrate source)
- Greek yogurt with honey and granola (Additional protein and carbohydrate source)

Lunch:

- Chickpea and vegetable curry with basmati rice (Chickpeas as a protein source, basmati rice as a carbohydrate source)
- Mixed green salad with cherry tomatoes, cucumber, and a balsamic vinaigrette (Carbohydrate source)
- Whole-grain bread roll with olive tapenade (Additional carbohydrate source)

Afternoon Snack:

- Cottage cheese with mixed fruit (Protein and carbohydrate source)
- Whole-grain crackers (Carbohydrate source)

Dinner:

- Spinach and feta stuffed peppers served with quinoa (Feta cheese and quinoa as protein sources, quinoa also a carbohydrate source)
- Roasted Mediterranean vegetables (Carbohydrate source)
- Mixed bean salad with a lemon and olive oil dressing (Beans as a protein source, carbohydrate source)

Evening Snack:

- Greek yogurt with honey and walnuts (Protein and carbohydrate source)
- Fresh fruit salad (Carbohydrate source)

China**Breakfast:**

- Congee (rice porridge) with tofu and mixed vegetables (Protein and carbohydrate source)
- Steamed buns filled with scrambled eggs and spinach (Protein and carbohydrate source)
- Freshly squeezed orange juice (Carbohydrate source)
- Sliced watermelon and pineapple (Additional carbohydrate source)

Lunch:

- Stir-fried tofu with broccoli and bell peppers (Tofu as a protein source, vegetables as a carbohydrate source)
- Egg fried rice with peas and carrots (Eggs and rice as protein and carbohydrate sources)
- Cucumber and tomato salad with a sesame dressing (Carbohydrate source)
- Steamed Chinese buns with sweet red bean paste (Additional carbohydrate source)

Afternoon Snack:

- Sichuan-style spicy cucumber salad (Carbohydrate source)
- Fresh lychee fruits (Carbohydrate source)

Dinner:

- Mapo tofu served with brown rice (Tofu and brown rice as protein and carbohydrate sources)
- Stir-fried mixed vegetables (Carbohydrate source)
- Steamed dumplings filled with mushroom and cabbage (Additional carbohydrate source)

Evening Snack:

- Soy milk with a sprinkle of chia seeds (Protein and carbohydrate source)
- Fresh fruit platter with dragon fruit, mango, and kiwi (Carbohydrate source)

Japan**Breakfast:**

- Miso soup with tofu and seaweed (Protein and carbohydrate source)
- Steamed rice topped with mixed vegetables and pickled daikon radish (Carbohydrate source)
- Grilled shiitake mushrooms (Protein source)
- Fresh orange slices (Additional carbohydrate source)

Lunch:

- Sushi roll with avocado, cucumber, and pickled carrots (Carbohydrate source)
- Edamame (Soybeans) with a sprinkle of sea salt (Protein and carbohydrate source)
- A side of mixed seaweed salad (Carbohydrate source)
- Sliced Japanese pear (Nashi) (Additional carbohydrate source)

Afternoon Snack:

- Inari sushi (Sushi rice wrapped in sweet tofu skin) (Carbohydrate source)
- Green tea with a small serving of mochi (Rice cake) (Additional carbohydrate source)

Dinner:

- Tofu and vegetable stir-fry with a ginger-soy sauce (Tofu as a protein source, vegetables as a carbohydrate source)
- Tempura-style sweet potato and eggplant (Carbohydrate source)
- Served with a side of miso-glazed eggplant (Carbohydrate source)
- Steamed white rice (Additional carbohydrate source)

Evening Snack:

- Matcha (Green tea) smoothie with soy milk and banana (Protein and carbohydrate source)
- Fresh strawberries and blueberries (Additional carbohydrate source)

NON-DAIRY AND GLUTEN FREE ATHLETES

Non-Dairy Options:

- Non-Dairy Yogurt: Offer coconut milk, almond milk, or soy-based yogurts with various fruit toppings and nuts for added nutrients.
- Chia Seed Pudding: A delicious and nutritious dessert made with chia seeds soaked in plant-based milk and sweetened with natural sweeteners like honey or maple syrup.
- Smoothie Bar: Create a smoothie station with a variety of non-dairy milk alternatives, fresh fruits, and protein-rich options such as chia seeds, hemp seeds, or nut butters.
- Quinoa Salad: Prepare a refreshing quinoa salad with colorful vegetables, fresh herbs, and a tangy vinaigrette for added flavor.
- Non-Dairy Cheese: Include plant-based cheese alternatives made from almonds, cashews, or soy for athletes to enjoy on salads or as toppings.

Gluten-Free Options:

- Gluten-Free Pasta: Provide gluten-free pasta options made from rice, corn, or quinoa, served with a choice of tomato sauce or vegetable-based sauce.
- Rice Bowls: Offer customizable rice bowls with a selection of lean proteins, such as grilled chicken or tofu, and an array of gluten-free toppings like avocado, steamed vegetables, and sesame seeds.

RECOVERY STATION / SKATER'S LOUNGE**North America:**

- Peanut butter and banana on whole-grain bread / bagels.
- Greek yogurt with mixed berries and honey.
- Turkey and avocado wrap with whole-wheat tortilla.
- Quinoa salad with grilled chicken and roasted vegetables.
- Oatmeal topped with almond butter and sliced peaches.
- Cottage cheese with pineapple chunks and a sprinkle of sunflower seeds.
- Protein smoothie with spinach, banana, almond milk, and protein powder.
- Protein Bar + Protein low fat Yogurt
- Broth based soup
- Variety of cheese.

Europe:

- Whole-grain toast with smoked salmon and cream cheese.
- Muesli with yogurt and mixed fruits (berries, apples, and pears).
- Grilled chicken breast with roasted sweet potatoes and green beans.
- Whole-grain couscous salad with feta cheese, cherry tomatoes, and cucumber.
- Quiche with spinach and feta cheese, served with a side salad.
- Brown bread with lean ham and sliced tomatoes.
- Beetroot and goat cheese salad with walnuts and arugula.
- Pasta salad with mozzarella, cherry tomatoes, and basil.
- Almond and cherry energy balls made with dates and almond butter
- Variety of cheese.

China:

- Steamed buns with minced pork and pickled vegetables.
- Rice porridge with shredded chicken and ginger.
- Stir-fried noodles with lean beef and bok choy.
- Mango sticky rice with coconut milk and sesame seeds.
- Taro and red bean paste dumplings.
- Lychee and almond milk smoothie with chia seeds.
- Muesli+ Greek yogurt
- Oat cookies + cheese
- Protein bar and drink
- Rice cakes, plain and with seeds + cottage cheese
- Whole grain crackers + hummus

Japan:

- Sushi rolls with tuna, avocado, and cucumber.
- Grilled eel with steamed rice and pickled vegetables.
- Teriyaki salmon with brown rice and steamed broccoli.
- Miso soup with tofu, seaweed, and green onions.
- Seaweed salad with edamame and sesame seeds.
- Chicken katsu with cabbage salad and steamed rice.
- Edamame and carrot salad with sesame dressing.
- Green tea and red bean mochi.
- Tofu and fruit smoothie with soy milk and honey.