

NUTRITION IN CHINA

Targets:

- ▶ Balanced, high carbohydrate diet; adequate protein and fat
- ▶ Adequate fluid intake
- ▶ Minimal chance of a gastrointestinal problem

You worked hard to get here – select foods with care.

If you are 'tapering', you need to eat less than usual though keep the carbohydrates high.



Food Safety Guidelines:

Foods that are to be eaten hot (temperature) (e.g. meat, casseroles, rice) should be served hot, not lukewarm. Foods that are to be eaten cold (e.g. deli meats, salads, sandwiches, milk, custard, etc.) should be kept cold and served cold. All these foods should be consumed within one hour of when they were prepared if there is no way to hold them at the appropriate temperature.

Venue Meals: If there is **NO** refrigeration at the competition sites, select box lunch foods with care. Salads and sandwiches containing mayonnaise, egg, and meat spoil quickly.

Guidelines for travel in foreign countries:

- Before travel, ask your physician to prescribe medication in case you get food poisoning. Ensure that the medication does not contain any banned substances.
- Eat only in restaurants recommended by Games Organizers.
- If food safety is an issue, choose fruit that can be peeled; the skin can contain bacteria and infectious agents. Don't cut through to the centre of the fruit until after it has been peeled and the knife has been washed with bottled water.
- If food safety is an issue, avoid raw vegetables unless peeled.
- Avoid food served by street vendors.
- Bread or yogurt "put out the fire" in your mouth caused by a spicy dish.
- **AVOID** all raw fish, raw or partially cooked meat or poultry.
- If you choose to eat at fast food restaurants, be aware that many food choices in these restaurants are high in fat. To lower the fat, look for plain burgers, grilled meat/fish, or pizza with vegetarian or lean meat topping. Add lettuce and tomato to burgers rather than mayonnaise and sauces. If food safety is an issue, avoid lettuce, tomato, and salad/raw vegetables.
- Always drink bottled water and use it to brush your teeth. Local water and ice may cause gastrointestinal problems.

At each meal, try to choose from all the food groups:

Grain products Vegetables and fruit
Milk products Meat and alternatives

Hydration and Sun Protection Guidelines:

- Drink bottled water frequently.
- Drink beyond thirst. Exercise dulls the thirst mechanism.
- Drink enough fluid to have urine that looks more like lemonade than apple juice. Darker coloured urine indicates dehydration.
- Apply sunscreen to protect your skin. Be sure to wear your hat.

The following information is for ease in reading menus or choosing familiar foods for training and competition.

Refer to "Nutrition Away From Home", "Fluids for Athletes" and "Long Distance Travel" (www.coach.ca) for information to help you during your travel and competitions.

DO NOT TRY NEW FOODS BEFORE COMPETITION!

Common Chinese Food:

Italics: means a higher carbohydrate choice.

*Means a high fat selection – foods prepared in oil (e.g. egg rolls). Limit high fat choices for pre-competition meals.

Chinese civilization is perhaps the oldest, dating back more than 4,000 years. The diet is primarily plant based, although meat is enjoyed when it is available. Pork, poultry, and eggs are common animal foods. Soybeans, other legumes, and nuts are major protein sources. Milk is not part of the traditional Chinese diet. Oil, never butter, is used for cooking. Sweet desserts are not part of the traditional diet. Tea is a more common beverage than water.

This information is prepared for Beijing 2008 where Mandarin is the language. Other dialects are used in other areas of China.

A. GRAIN PRODUCTS

<i>Mi fan</i>	<i>rice</i>
<i>Zhou</i>	<i>rice pudding, eaten for breakfast</i>
<i>Man tou</i>	<i>steamed bun</i>
<i>Mian tiao</i>	<i>noodles in general</i>
<i>Jian bing</i>	<i>pancake</i>
<i>Hua juan</i>	<i>steamed bun (twisted dough)</i>
<i>Jiao zi</i>	<i>dumpling (boiled)</i>
<i>Bao zi</i>	<i>Chinese steamed dough</i>
<i>Mi fen</i>	<i>vermicelli</i>
* <i>Chun juan</i>	<i>spring roll</i>
* <i>You tiao</i>	<i>fried dough</i>

B. VEGETABLES

<i>Bai cai</i>	<i>cabbage with thick white stalk and green leaves</i>
<i>Xiang gu</i>	<i>dark coloured dried mushrooms</i>
<i>He lan dou</i>	<i>tender green snow peas</i>
<i>Zhu sun</i>	<i>bamboo shoots</i>
<i>Qie zi</i>	<i>eggplant</i>
<i>Luo bo</i>	<i>daikon (Chinese radish)</i>
<i>Lian ou</i>	<i>lotus or water lily root</i>
<i>Mo gu</i>	<i>mushrooms</i>
<i>Bian dou</i>	<i>beans</i>
<i>Dou ya</i>	<i>bean sprouts</i>
<i>Yu tou</i>	<i>taro root</i>



Common Chinese Food: (continued)

C. FRUITS

<i>Xi guan</i>	<i>watermelon</i>
<i>Cao mei</i>	<i>strawberry</i>
<i>Xing</i>	<i>apricot</i>
<i>Tao zi</i>	<i>peach</i>
<i>Wu hua guo</i>	<i>kiwi</i>
<i>Li</i>	<i>pear</i>
<i>Ping guo</i>	<i>apple</i>
<i>Ju zi</i>	<i>orange</i>
<i>Pu tao</i>	<i>grapes</i>
<i>Xiang jiao</i>	<i>banana</i>
<i>Li zhi</i>	<i>litchi</i>
<i>Mang guo</i>	<i>mango</i>
<i>Bo luo</i>	<i>pineapple</i>

D. MILK PRODUCTS

<i>Niu nai</i>	<i>milk</i>
<i>Suan nai</i>	<i>yogurt</i>
* <i>Nai lao</i>	<i>cheese</i>
<i>Dou jiang</i>	<i>soy milk</i>

E. MEAT AND ALTERNATIVES

<i>Zhu rou</i>	<i>pork</i>
<i>Niu rou</i>	<i>beef</i>
<i>Ji rou</i>	<i>chicken</i>
<i>Yang rou</i>	<i>lamb</i>
<i>Ji dan</i>	<i>egg</i>
<i>Dou fu</i>	<i>tofu</i>
* <i>Xiang chang</i>	<i>sausage</i>
<i>Huo tui</i>	<i>ham</i>

F. COMBINATION FOODS (Carbohydrate and Protein)

* <i>Shi jin chao fan</i>	<i>deluxe fried rice</i>
<i>Niu rou mian</i>	<i>beef noodle soup</i>
<i>Zha jiang mian</i>	<i>bean paste noodle soup</i>
<i>Ga li fan</i>	<i>curry rice</i>
<i>Hun tun mian</i>	<i>wonton noodle soup</i>
<i>Suan La Tang</i>	<i>hot and sour soup</i>

G. FATS

* <i>Hua sheng you</i>	<i>peanut oil</i>
* <i>Gan lan you</i>	<i>olive oil</i>
* <i>Huang you</i>	<i>butter</i>
* <i>Nai you</i>	<i>cream</i>
* <i>Guan zi</i>	<i>sunflower seeds</i>

H. SWEETS

* <i>Qiao Ke Li</i>	<i>chocolate</i>
<i>Tang</i>	<i>candy</i>
<i>Feng mi</i>	<i>honey</i>
* <i>Bing qi lin</i>	<i>ice cream</i>

I. BEVERAGES

<i>Cha</i>	<i>tea</i>
<i>Lü cha</i>	<i>green tea</i>
<i>Hong cha</i>	<i>red or black tea</i>
<i>Wu long cha</i>	<i>semi-fermented tea</i>
<i>Pi jiu</i>	<i>beer</i>
<i>Hong jiu</i>	<i>red wine</i>
<i>Bai jiu</i>	<i>Chinese distilled hard liquor (40-60% alcohol), usually rice wine</i>
<i>Qi shui</i>	<i>pop</i>

J. SEASONING AND HERBS

<i>Jiang you</i>	<i>soy sauce</i>
<i>Cu</i>	<i>vinegar</i>
<i>Xiang you</i>	<i>sesame oil</i>
<i>Jiang</i>	<i>ginger</i>
<i>Suan</i>	<i>garlic</i>
<i>Xiang cai</i>	<i>parsley</i>
<i>Cong</i>	<i>green onion</i>
<i>La jiao</i>	<i>chili pepper</i>
<i>Chen pi</i>	<i>thin sun-dried strips of mandarin orange peel used to flavour duck dishes</i>
<i>Hao you</i>	<i>oyster sauce</i>
<i>Xia jiang</i>	<i>shrimp paste</i>
<i>Zha cai</i>	<i>preserved and spiced turnip greens used as a flavour</i>
<i>Wei jing</i>	<i>monosodium glutamate</i>
<i>Mian jiang</i>	<i>bean pastes used for flavouring</i>

The traditional breakfast is a bowl of hot rice porridge or noodles with bits of meat or vegetable, served with salty side dishes or pickles and tea. Lunch is usually smaller than dinner but the foods may be similar – soup, rice or a wheat dish, vegetables and fish or meat if available. Snacks may include nuts, seeds, fruit, dumplings or plain cakes and tea.

Foods are frequently stir-fried or steamed. Some foods may be deep fried, roasted or sautéed.

