

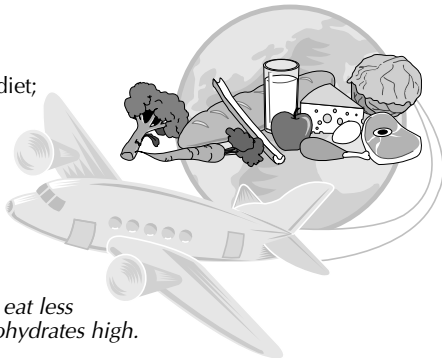
# Nutrition in Thailand

## 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, mixed dishes, rice) should be served hot, not lukewarm. Foods that are to be eaten cold (e.g. cold 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  
Milk products

Vegetables and fruit  
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](http://www.coach.ca)) for information to help you during your travel and competitions.

**DO NOT TRY NEW FOODS BEFORE COMPETITION!**

## Common Thai Food:

*Italics:* means a higher carbohydrate choice.

\*Means a high fat selection – fatty meats, coconut milk, cheese, desserts or foods prepared in oil. Avoid high fat choices in pre-competition meals.

Rice and rice noodles are staples in Thailand. Sticky rice is used for many dishes and desserts. It is a short grain kernel that becomes translucent when cooked. Beef and pork are common meats. Some chicken, duck, and fish are available. Curries are common. Chopped peanuts are added to many dishes. **For those with allergies, peanut is also called groundnut. In Thai, peanut is ‘tua lee long’ or ‘tua’.**

Thai food is often spicy. Nam phrik is a hot sauce available with most meals. Garlic, chillies, lime, lemon grass, and coriander are common ingredients. Fish sauce (nam pia) or shrimp paste are used to add saltiness. Coconut milk is part of many recipes.

### A. GRAIN PRODUCTS

<i>Joke</i>	<i>Rice porridge with meat, vegetables and/or nuts</i>
<i>Kow</i>	<i>Rice</i>
<i>Kow neow</i>	<i>Sticky rice</i>
* <i>Pla tong go</i>	<i>Deep fried dough sticks</i>
<i>Sen mee</i>	<i>Thin round rice noodles</i>
<i>Sen lek</i>	<i>Thin flat rice noodles</i>
<i>Sen yai</i>	<i>Wide flat rice noodles</i>

### B. VEGETABLES

Many fresh vegetables are available.

<i>Grajiab</i>	<i>Okra</i>
<i>Hael</i>	<i>Water chestnuts</i>
<i>Kannah</i>	<i>Chinese broccoli</i>
<i>Makua</i>	<i>Eggplant</i>
<i>Naw mai</i>	<i>Bamboo shoots</i>
* <i>Pad pak</i>	<i>Fried vegetables</i>
<i>Pug</i>	<i>Vegetable</i>
<i>Tangua</i>	<i>Cucumber</i>
<i>Tuwa gnog</i>	<i>Bean sprouts</i>

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## Common Thai Food: (continued)

### C. FRUITS

A variety of fruit is available. Fruit is eaten as a snack or dessert.

<i>Gaan yow</i>	<i>Durian, fruit with a thorny shell and soft, sweet flesh</i>
<i>Glauy</i>	<i>Banana</i>
<i>Malagaw</i>	<i>Papaya</i>
<i>Ma muong</i>	<i>Mango</i>
<i>Sap balrott</i>	<i>Pineapple</i>

### D. MILK PRODUCTS

Milk is available in stores. It is not used in traditional cooking.

### E. MEAT AND ALTERNATIVES

Gai	Chicken
Goong	Shrimp
Goong hang	Dried shrimp
Hoi	Clam
Hoi malang puu	Mussels
Kai	Egg
Kai jee-o	Omelette
Loog chin	Meatball
*Ma moungh him ma pan	Cashew nut
Moo	Pork
Moo dang	Barbequed pork
Nua	Beef
Ped	Duck
Pla	Fish
Pla dook	Datfish
Pla gapong dang	Red snapper
Satay	Meat marinated in coconut milk and dipped in sauce that contains chopped peanuts
*Tou hu poungh	Deep fried tofu
*Tua lee song/Tua	peanut

### F. COMBINATION FOODS (Carbohydrate and Protein)

<i>Ba-me</i>	<i>Egg noodle soup with pork and vegetables</i>
*Gaeng keow wan gai	Hot green curry with chicken and coconut milk
<i>Khao mun khai</i>	<i>Chicken and rice</i>
Pad bai kha praew	Spicy basil with chicken (pork, shrimp, etc.)
<i>Pad thai</i>	<i>Stir fried noodles with shrimp and peanuts</i>
Tom yum goong	Hot and sour shrimp soup

### G. FATS

*Ga-ti	Coconut milk
*Krati	Coconut milk

### H. SWEETS

*Boa loy	Sticky rice balls in coconut milk
*I trim	Ice cream
*I trim krati	Coconut ice cream
<i>Kanom</i>	<i>Dessert or sweet</i>
<i>Kong wahn</i>	<i>Dessert or sweet</i>
<i>Kanom tuay</i>	<i>Rice flour and jello dessert, served in a small cup</i>
<i>Kow neuw mamuang</i>	<i>Mango on coconut milk soaked sticky rice</i>
*Tub tim grub	Rubies (water chestnuts) in coconut milk

### I. BEVERAGES

Milk, fruit juice, tea, coffee and soft drinks are available.

Cha	Tea
Cha yen	Iced tea with condensed milk and sugar
Cha dum yen	Iced tea with sugar (no milk)
*Ma pow ohn	Sweet juice from a young coconut
Nam	Water

### J. ADDITIONAL INFORMATION

Breakfast, lunch, and dinner are eaten along with many snacks. A spoon and a fork are usual table utensils. The food is cut into small pieces so a knife is not needed. Chop sticks are used with some noodle dishes.

Rice is served along with several other dishes such as soup, curry, and fried vegetables. Small bowls of sauces or spices are available to allow everyone to add flavour according to their taste.

Mai means 'not'. For example:

<i>Luuag</i>	Blanched (e.g. bean sprouts)
<i>Mai luuag</i>	Not blanched (fresh)

### Suggested Websites:

<http://www.thaitable.com/>

<http://www.thailandlife.com/food/>

