

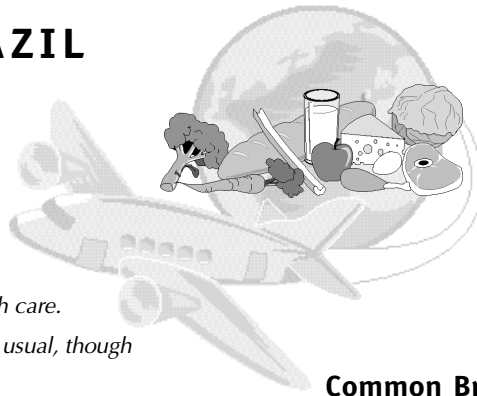
NUTRITION IN BRAZIL

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.



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!

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.

SNAC Sport Nutrition Advisory Committee
Comité consultatif sur la nutrition sportive

Common Brazilian Food:

Italics: means a higher carbohydrate choice.

*Means a high fat selection – cheese, fatty meats, desserts, or foods prepared in oil. Limit high fat choices for pre-competition meals.

NOTE: Peanuts (amendoins), also called groundnuts, are grown in Brazil and are widely used. Individuals with a nut allergy should inquire whether peanuts or other nuts have been added to foods.

Athletes in weight classification sports may need to be aware of salted foods prior to weigh-in.

Staple foods in Brazil include rice, beans, and manioc meal. Fish and cosidas (stew) are common. Beef is the main meat eaten in Brazil. Some veal, pork, and chicken are available.

Dendê oil and hot malagueta peppers are used as flavourings. Beef lard, olive oil, and butter are widely used as fats.

Churrasco is the name for barbecue.

Refogar	marinating
Tempero	seasoning

A. GRAIN PRODUCTS

<i>Bisnaga</i>	<i>small loaf of crusty white French bread</i>
<i>Broa</i>	<i>any bread made with cornmeal</i>
<i>Cucu</i>	<i>rich coffeeecake – like bread, topped with cinnamon and sugar</i>
<i>Farofa</i>	<i>soft porridge-like base for many side dishes, made from toasted manioc meal, water, and butter</i>
<i>Manioc meal</i>	<i>made from a tuber, the dry meal is sprinkled on juicy foods (commercially processed and exported as tapioca)</i>
<i>Pão frances</i>	<i>long crusty white loaf of bread</i>
<i>Pirão</i>	<i>bland moulded dish made from corn or rice starch, eaten with spicy meat or fish dishes</i>
<i>Arroz</i>	<i>rice</i>

B. VEGETABLES

<i>Palmito</i>	<i>palm hearts</i>
<i>Milho</i>	<i>corn</i>
<i>Batata doce</i>	<i>sweet potatoes</i>
<i>Cará</i>	<i>type of yam</i>
<i>Inhamé</i>	<i>type of yam</i>
<i>Hamitas or Tamales</i>	<i>seasoned corn mixture in corn husk or banana leaves</i>
<i>Taioba</i>	<i>cooked collards, okra, and cabbage</i>



Common Brazilian Food: (continued)

C. FRUIT

Bananas, melons, citrus fruits, persimmons, quinces, and pomegranates are popular. Brazil has over 25 tropical fruits that are usually unfamiliar to North Americans.

<i>Laranja</i>	<i>oranges</i>
<i>Figos frescos</i>	<i>fresh figs</i>
<i>Melão</i>	<i>melons</i>

D. MILK PRODUCTS

<i>Pudim flan</i>	<i>custard type dessert</i>
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E. MEAT AND ALTERNATIVES

Bacalhoda	dried salt cod
Charque	sun dried, salted strips of beef
*Feijoada completa	black beans, lard, onions, and garlic
Tutu de feijão	bean dish thickened with manioc (sometimes cooked with meat or coconut milk)

F. COMBINATION FOODS (Carbohydrate and Protein)

*Acarajé	puffy, deep-fried dumpling of dried shrimp and mashed bean paste
Carurú	traditional Bahia (African) stew – shrimp, okra, coconut, thickened with manioc, flavoured with dendê oil and crushed peanuts
Cosidas	traditional Portuguese stew
Cuzcuz	a well garnished main dish of flour/grain, seasoned and mixed with meat, poultry, or fish
*Moqueca	meat or shrimp seasoned with dendê oil, served on rice cooked in coconut milk

G. FATS

Dendê oil	a palm oil that adds dense yellow colour to dishes
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H. SWEETS

<i>Cuzcuz</i>	<i>steamed cake flavoured with coconut milk, coconut, and sugar</i>
<i>Doce de leite</i>	<i>thick, caramel-like sweet made from sugar and milk</i>
Fois de ovos	threads of egg yolk cooked in sugar syrup

I. BEVERAGES

Cachaça	potent alcoholic beverage, mixed with lemon and sugar results in “Caipirinha”, a typical Brazilian drink
Cafezinho	small coffee – usually sweetened and served with milk; stronger than North American coffee
Guaraná	a soft drink flavoured by a shrub of the same name; contains caffeine
Vinho	wine
Mate or Chimarrão	herbal tea usually drunk inside a special cup, common in the south of Brazil

J. ADDED INFORMATION

Nago	a condiment – a blend of dried shrimp, lemon juice, okra, and malagueta peppers
Malagueta	small hot pepper
Feijoada completa	buffet meal

Brazilian food has been influenced by several groups. Early Indian cultures cultivated many varieties of beans, squashes and pumpkin, sweet and white potatoes, tomatoes, and hot chili peppers. They used pineapples, papayas, bananas, coconuts, corn, chocolate from cacao, and vanilla beans.

While much of South America was settled by the Spanish, Portuguese is the official language of Brazil. The Portuguese added many fish dishes, stews, and wine for both cooking and drinking with Brazilian cuisine.

West African slaves also brought many new foods and customs. They added spices and malagueta (small hot pepper) to staples of bananas, coconuts, yams, okra, and beans. They also added dendê oil (a palm oil known for the dense yellow it adds to dishes). They added condiments and sauces, coconut, coconut milk, dried shrimp, and ground nuts (especially peanuts).

Rice (originally brought to Brazil by the Spanish) is a staple food. A combination of white rice and black beans sprinkled with manioc meal is a staple eaten once or twice daily. Few salads or vegetables are served.

Milk is seldom served as a beverage; instead it is used to make custard. Cheeses are added to pastas and to flavour sauces for vegetables. Sometimes cheese is eaten with fruit for dessert.

Brazil has an abundance of fruits, whereas salads and vegetables by themselves are not as popular. However, more market gardens are producing and selling asparagus, broccoli, beets, carrots, lettuce, leeks, scallions, parsnips, radishes, cucumbers, cauliflower, and other vegetables.

NOTE A salus is a container lined with a black substance containing germicides. All vegetables to be eaten raw are placed in the salus for one hour before serving.

Portuguese like very sweet, intricate desserts. Fois de ovos – threads of egg yolk cooked in sugar syrup – can be part of a dessert or used as a garnish.

Brazilian soups are usually eaten at lunch – they are rich and thick with beans or rice, containing many vegetables (corn, yam, squash, and/or pumpkin). Lunch is the main meal. It is normally a hot meal rather than sandwiches, pizza, hot dogs, etc.

