

NUTRITION IN KOREA

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 is the best way to "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, salads, vegetarian or ham (rather than sausage) pizza. Add lettuce and tomato to burgers rather than mayonnaise and sauces. If food safety is an issue, avoid lettuce, tomato, and salad.
- 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 clear urine. Dark urine indicates dehydration.
- Apply sunscreen and wear your hat to protect your skin.

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 KOREAN FOOD

Korean staples include grains and vegetables – rice, barley, beans, cabbage, potatoes, and squash. Fish, seafood, and meat such as beef, pork, and chicken are eaten. Eggs and nuts are used.

Korean food is different than food from other places.

- Korean food is usually spicy.
- Many dishes are served at room temperature, but some are served boiling hot.
- The spices and vegetables provide a distinctive flavour.
- Kimch'i, a very spicy pickled cabbage, is a staple of the Korean diet and is served at most meals.
- Many meats are grilled or barbecued so may be lower in fat.

A full meal (Hanjongsik) consists of grilled fish, steamed short ribs, and many side dishes – vegetable dishes, steamed rice, other meat dishes, soup, and kimch'i. **Fat content of some dishes may be high since the meats are cooked in oil.**

A. CARBOHYDRATE

Bap	Boiled rice or rice plus other grain
Chun Kwa	Candy-coated, thinly sliced vegetables
Din Dae Dok	Vegetable pancake
Jaing-ban	A hot dish made with noodles
Juk	Porridge or gruel made from rice and grain
Man Du Guk	Won ton like soup
Mandu	Steamed dumplings
Myun	Noodles
Naing-myun	A cold dish made with noodles
Namool	Dishes made only with vegetables
Su-jun-wa	Poached persimmons in light syrup

B. PROTEIN

Kalbi	Steamed or broiled, marinated short ribs of beef or pork
Pulgogi, Pul-kogi, or Polgoki	Marinated, barbecued beef or sometimes pork
Saengson Chigye	Fish stew with vegetables
Sinsollo	Rich casserole of meat, vegetables, eggs, and nuts
Takmokam	Stewed chicken
Tu Bo	Soybean curd, tofu

C. CARBOHYDRATE AND PROTEIN

Kimchichigye	Pork and kimch'i casserole
Kimpap	Chopped meat and vegetables wrapped in rice and dried seaweed
Pibimpap or Bibimpap	Rice topped with bits of meat, cooked vegetables, and egg. Served with bean paste

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D. SOUPS AND STEWS

Guk or Tang	Soup made with meat, vegetables, fish, seaweed, clams, etc.
Jeon-gol	Cooked at the table; layers of seasoned beef as a base
Jjigae	Less water and more ingredients than soup
Maeuntang	Spicy, hot seafood soup with white fish, vegetables, bean curd
Sollongtang	Rice, beef, noodle soup served with rice and radish kimch'i
Twoenjang-guk	Soybean paste soup with clams

E. OTHER

Kim	Seaweed
Kimch'i	Very spicy pickled cabbage or spicy marinated cucumber
Kochujan	Red pepper bean paste, used as a condiment
Omija-wha-chai	Beverage made from fresh or dried fruit, flowers, honey or sugar
Shik-he	Sweetened drink made from fermented rice, sugar, and citron
Soju	Potent liquor made with potato
Tovig Dong Su	Red wine



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