

# NUTRITION IN NORWAY

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

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



## COMMON NORWEGIAN FOOD

To maintain a high carbohydrate intake, avoid fried, oily foods and sauces such as mayonnaise. Foods that are printed in italics are high in fat. Food marked \* are the better choices in each food group.

### A. GRAIN PRODUCTS

*brød	bread
*brød havre	oat bread
*brød knekkebred	hard bread
*flatbrød	hard thin bread
<i>lefse med smer og sokker</i>	<i>potato pancake with butter and sugar</i>
lumpe	potato pancake
potetiefse	thin soft potato pancake

### B. VEGETABLES

*blomkål	cauliflower
*bønner	beans
*erter	peas
*gulrot	carrot
*hodekål	cabbage
*kålrot	turnip
*løk	onion
*mais	corn
*paprika	sweet peppers
*poteter	potato
*rosenkål	Brussels sprouts
*salat	lettuce
*surkål	sauerkraut

### C. FRUIT

*aple	apple
*appelsin	orange
*banan	banana
*druer	grapes
*multer	cloudberries “orange raspberries”
*paere	pear
*plommer	plums

**SNAC** Sport Nutrition Advisory Committee  
Comité consultatif sur la nutrition sportive





#### D. MILK PRODUCTS

<i>brun geitost</i>	<i>whey cheese from goat milk</i>
<i>brun gudbrandsdalsost</i>	<i>whey cheese from goat and cow</i>
<i>flåte</i>	<i>cream</i>
<i>gudbrandsdalsost</i>	<i>cheese, very high fat</i>
<i>hølmelk</i>	<i>milk</i>
<i>Jarlsberg</i>	<i>cheese, high fat</i>
<i>*lettmeik</i>	<i>low fat milk</i>
<i>norvegie</i>	<i>cheese, high fat</i>
<i>ost</i>	<i>cheese</i>
<i>*ost gammelost</i>	<i>skimmed milk cheese, old</i>
<i>*plutost</i>	<i>low fat cheese</i>
<i>*prim mager</i>	<i>low fat cheese</i>
<i>*skummet meik</i>	<i>skim milk</i>
<i>yogurt frukt</i>	<i>yogurt</i>
<i>*yogurt lett</i>	<i>low fat yogurt</i>

#### E. MEAT AND ALTERNATIVES

<i>elg</i>	<i>moose</i>
<i>erret</i>	<i>trout</i>
<i>fårikål</i>	<i>lamb and cabbage</i>
<i>*fiskeboller</i>	<i>fish balls - cooked</i>
<i>fiskekaker</i>	<i>fish balls - fried</i>
<i>kalkun</i>	<i>turkey</i>
<i>kjøttkaker</i>	<i>meat balls</i>
<i>kjøttpølse</i>	<i>meat sausage</i>
<i>kylling</i>	<i>chicken</i>
<i>laks</i>	<i>salmon</i>
<i>lapskaus</i>	<i>meat and vegetables</i>
<i>lutefisk</i>	<i>dried cod</i>
<i>makrell</i>	<i>mackerel</i>
<i>okse</i>	<i>beef</i>
<i>pinnekjøtt færeribbe</i>	<i>lamb cured, dried and smoked</i>
<i>pølse</i>	<i>sausage</i>
<i>regnbueørret</i>	<i>rainbow trout</i>
<i>reker</i>	<i>prawns</i>
<i>skinke</i>	<i>ham</i>
<i>svin bog stek</i>	<i>pork shoulder blade roast</i>
<i>torsk</i>	<i>cod</i>

#### F. BOISSONS

<i>brus</i>	<i>carbonated soft drink</i>
<i>*vann</i>	<i>water</i>

#### G. DESSERTS

<i>is flåteis</i>	<i>ice cream</i>
<i>karamellepudding</i>	<i>crème caramel</i>
<i>rommegrot</i>	<i>sour cream porridge in raspberry juice</i>
<i>weinerbrød</i>	<i>Danish pastry</i>

