

# PAN AMERICAN GAMES

August 1 – 17, 2003

Santo Domingo, Dominican Republic

The following food groups are translated into Spanish for ease in reading menus or choosing familiar foods for training and competition. Refer to "Nutrition Away From Home" ([www.coach.ca](http://www.coach.ca)) for more details.

## A – Grain Products:

Cereal	Cereal
Pasta	Pasta
Rice	Arroz
White bread	Pan blanco
Whole grain bread	Pan integral
Crusty bread made with water	Pan de agua

## B – Fruit:

Pineapple	Pina
Banana	Guineo
Lime	Limon
Mango	Mango
Melon	Melon
Coconut	Coco
Orange	Naranja
Grapefruit	Toronja
Papaya	Lechosa

## C – Vegetables:

Eggplant	Berengena
Avocado	Aguacate
Carrot	Zanaocia
Celery	Apio
Pumpkin	Auyama
Cucumber	Pepino
Squash	Tayota
Lettuce	Lechuga
Corn	Mais
Onion	Cebolla
Peppers (green, red, etc.)	Pimiento
Puréed plantain	Platano pure
Fried plantain	Platano frito
Potato	Papa
French fries	Papa frita
Sweet potato	Batata
Boiled sweet potato	Batata hervido
Fried sweet potato	Batata yuka
Tomato	Tomate

## D – Meat and Alternatives:

Beef	Res
Pork	Cerdo
Ham	Jamon
Chicken	Pollo
Chicken créole	Pollo criolla
Grouper (fish)	Mero
Salmon	Salmon
Tuna	Atun
A type of fish, local	Carite
Egg	Huevo
Omelette	Tortilla



**Bandera:** a typical dish - rice, beans, and meat

**Empanada:** There are several varieties: pastry stuffed with meat, cheese, and vegetables, etc. and fried. (This dish has a high fat content.)

- Meats can be grilled, or coated with breadcrumbs and fried. While competing, select grilled meats to maintain high carbohydrate, lower fat food intake.

## E – Drinks:

Bottled water	Agua en botella
Milk	Leche
Fruit juice	Jugo de frutas
Soft drinks	Refresco
Coffee	Café
Beer	Cerveza

## F – Desserts:

Crème caramel	Flan
Dessert made from sweet beans	Abichuela con dulce
(Three) Milk pudding	Tres leches
Macaroons	Conconete
Bread pudding	Puding de pan
Yogurt	Yogurt

## Important recommendations:

1. Drink frequently to stay hydrated. It is very hot in August. See "Fluids for Athletes" ([www.coach.ca](http://www.coach.ca)).
2. Drink only bottled water – never tap water. Avoid ice cubes – like tap water, they may contain unfriendly bacteria.
3. Avoid food served by street vendors.
4. When eating out, choose only "safe" restaurants or established hotel chains with "Western" or North American Foods. Refer to the list of suggested restaurants ([www.coach.ca](http://www.coach.ca)).
5. Pack some light, portable snacks to bring with you for emergencies: breakfast cereal, whole grain crackers, rice cakes, peanut butter, energy bars, nuts/seeds, dried fruit, tea bags, instant coffee, chocolate powder/mix, skim milk powder, canned tuna, etc.
6. Ask your medical doctor to prescribe medication in case you get food poisoning. Make sure the medication does not contain any banned substances and that they are not on the list of banned or illegal substances.



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