

# NUTRITION IN SPAIN

## 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 SPANISH FOOD

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

### A. GRAIN PRODUCTS

* Bacadillo/ Bocata/flauta	sandwich
Borriquitos	<i>fried bread</i>
Buñuelos	<i>same as churros, served with powdered sugar (like a doughnut)</i>
Churros	<i>long thin dough (flour, egg, water) fried in olive oil and covered with sugar</i>
* Coques	almond or regular dough with syrup
* Madelenas	muffin
* Pan con tomate	bread, tomato, salt, oil
Patatas bravas	<i>potatoes with mayonnaise and/or garlic</i>

### B. VEGETABLES AND FRUIT

* Apio	celery
* Cebolla	onion
* Lechuga	lettuce
* Manzana	apple
* Naranja	orange
* Nispero	peach/plum/apricot
* Patatas	potatoes
* Pepino	cucumber
* Pera	pear
* Platano	banana
* Remolacha	beet
* Sandia	watermelon
* Tomate	tomato
* Uvas	grapes
* Zanahorias	carrots





### C. MEAT AND ALTERNATES

<i>A la romana</i>	<i>breaded, e.g., lenguado a la romana: breaded fish</i>
Caracoles	snails
<i>Croquetas bacalao</i>	<i>fish "breaded", fried in olive oil</i>
<i>Pollo</i>	<i>same with chicken</i>
Fideos a la cazuela	noodles with sausage and pork pieces
* <i>Jamon serrano</i>	<i>dried ham, very salty, low in fat</i>
<i>pais</i>	<i>dried ham, low in salt, high in fat</i>
Mojama	very salty dried tuna
Monchetas con butifarra	white beans with large sausage
* Paella	rice dish, fish/chicken
Pinchito moreno	very hot and salted pork
* Pincho	meat shish kebab
Pollo asados (a l'as)	BBQ chicken
Tapas	small various appetizers: ham, cheese, anchovies, olives, peppers with artichoke
* Tortilla de patatas	potato omelet
de cebolla	onion omelet
de gambas	shrimp omelet
de atun	tuna omelet

### D. BEVERAGES

* Agua	water
Calimochored	wine with coke
Clara	beer mixed with juice or sprite
* Granizados	drink made with bottled water and orange or lemon
Horchata de chufa	nut milk
* Leche	milk
* Leche desnetada	skim milk

### E. DESSERTS

* Arroz con leche	rice pudding with sweetened milk
Borracho	cake with liqueur
<i>Brazo de gitano</i>	<i>pastry stuffed with chantilly or chocolate or custard (high fat)</i>
* Brevas	fresh figs
Crema catalana	custard dessert topped with burnt sugar
<i>Flan con nata</i>	<i>custard with chantilly, (high fat and sugar)</i>
Helados	ice cream
* Macedonia	fresh fruit salad
Musico	various dried nuts and fruits are slightly heated, and served with a glass of sweet wine (moscatel)
Natillas	pudding similar to crema catalana, without the sugar

