

NUTRITION IN GREECE

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 Organisers.
- 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.
- 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 GREEK FOOD

English is spoken in many restaurants in Greece.

Italics: means a higher carbohydrate choice.

***means a high fat selection – cheese, desserts, and foods prepared in oil. Limit high fat choices for pre-competition meals.

A. GRAIN PRODUCTS

White bread is available at all meals. *Rice* and *pasta* are eaten in small amounts, frequently in soups.

<i>Kouloura</i>	<i>Crusty white bread with sesame seeds</i>
<i>Pilaf</i>	<i>Rice-based dish with vegetables or meat</i>

B. VEGETABLES

Available only in season – (e.g., summer) zucchini, eggplant, tomato, green beans, dandelion. Carrots, *potatoes*, onions and beets are staples. Olives (usually black) are part of most meals.

<i>Melitzana</i>	<i>Eggplant</i>
<i>Fava</i>	<i>Dip or stew made from split peas</i>
<i>Courgette</i>	<i>Zucchini</i>
<i>Greek salata (salad)</i>	<i>Fresh greens (if in-season), black olives, cubed feta cheese, tomato, cucumber, oil, lemon</i>
<i>Horta or Vleeta</i>	<i>Boiled dandelion or other wild greens with lemon and oil</i>
<i>*Kolokithokorfades</i>	<i>Fried, battered, cheese-stuffed zucchini flowers</i>
<i>Lahanika</i>	<i>Cabbage salad</i>
<i>*Patates tiganites</i>	<i>Fried potatoes</i>
<i>Patates sto fourno</i>	<i>Oven roasted potatoes</i>
<i>Salata (salad)</i>	<i>Tomatoes, cucumbers and feta cheese with oil, lemon, and herbs.</i>

C. FRUIT

Lemon and *citrus fruit* are widely used. In season, look for *melons, grapes, fresh figs, strawberries, cherries, apricots, peaches, plums and apples*. *Spoon sweets* – fruit preserved in heavy syrup.

<i>Peponi</i>	<i>Resembles honeydew and cantaloupe</i>
<i>Karpouzi</i>	<i>Richly flavoured watermelon</i>

D. MILK PRODUCTS

Cheese and *yogurt* are more abundant than *milk*.

<i>*Feta</i>	<i>Sheep milk cheese, in brine</i>
<i>*Kasseri</i>	<i>Mild cheese</i>
<i>*Mizithra</i>	<i>Ewe milk cheese, like cottage cheese</i>
<i>*Kefalotiri</i>	<i>Salty, hard grating cheese</i>
<i>*Manouri or Graviera</i>	<i>Similar to Feta cheese</i>
<i>*Saganaki</i>	<i>Appetizer, deep-fried, floured cheese</i>
<i>*Tyropitas</i>	<i>Phyllo pastry with cheese filling</i>
<i>*Spanakopitas</i>	<i>Phyllo pastry with spinach and cheese filling</i>





E. MEAT AND ALTERNATIVES

Meat is scarce and expensive. Lamb (arni) is the most common with some pork and chicken (kota). Fish (psari) is served whole – ask that it be barbecued. Squid (kalamari) can be grilled or *fried. Eggs are used in cooking, omelets or avgolemono sauce. Nuts and legumes are valuable protein sources.

Brisoles	Pork chops
Dolmadakia	Meat and rice stuffed (grape) leaves
*Keftedes	Deep-fried or broiled meatballs
<i>Faki soup</i>	<i>Thick lentil soup</i>
<i>Fasolada</i>	<i>Bean soup</i>
Stefado	Beef stew flavoured with onion
*Tarama kefthetes	Fried fish roe cakes
Taramosalata	Appetizer dip made from fish roe, bread, onions, oil, and lemon juice

F. FATS

Olive oil is the main fat. Butter is used to flavour baked foods.

G. SWEETS

Baked goods are made for special occasions. Some are soaked in hot, thick syrup. Cinnamon and cloves are usual spices. *Fresh, canned or dried fruit* or sugared nuts are common desserts.

*Baklava	Layered, nut filled phyllo and syrup
*Kataifi	Shredded phyllo with nuts and syrup
Ravani	Semolina cake
*Loukamathes	Fritters – deep fried with syrup
*Kourabiedes	Rich, buttery cookies (like shortbread)
*Svingi	Beignets (deep-fried dessert)

H. BEVERAGES

Water is the most common beverage in Greece. Wine and ouzo are common alcoholic drinks.

