

NUTRITION IN JAPAN

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:

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| 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 JAPANESE FOOD

Food in Japan is extremely expensive. Rice, vegetables, fish, tofu (soy bean curd), and seafood are staples of Japanese dishes. In general, cooking techniques are low in fat, high in sodium with a few exceptions.

BEWARE of HIGHER FAT COOKING TECHNIQUES:

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| Tempura | foods are battered and deep fried |
| Tonkatsu | deep fried pork |

BEWARE of RAW FISH, SEAFOOD, AND CHICKEN:

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| Sashimi | sliced raw fish or crustaceans arranged in a pattern on a plate. Tidbits are dipped in sauce and eaten. |
| Fugu sashimi | raw blowfish – potentially deadly. The liver and ovaries of blowfish are poisonous. |
| Nigiri-zushi | vinegared rice with raw or cooked fish, seafood, or eggs, garnished with horseradish (*Wasabi – very hot) |
| Norimaki-zushi | vinegared, cooked rice and bits of fish, seafood or meat and edible seaweed or laver rolled like a jelly-roll and sliced into bite-size pieces |
| Chirashi-zushi | most artful and complex type of sushi |

A. GRAIN PRODUCTS (Carbohydrate sources)

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| Rice and noodles | (wheat or buckwheat) are staples |
| Red rice | rice cooked in juice of red beans, served cold |
| Kake | cooked noodles, placed in a bowl with hot soup poured over |
| Mori | cooked noodles (usually served cold), served on a bamboo plate. Mouthfuls are picked up with chopsticks, dipped in sauce and eaten. |
| Soba | thin noodles |
| Udon | wide or thick noodles |

B. VEGETABLES AND FRUIT (Carbohydrate sources)

Vegetables may be fresh, frozen, salted, pickled or dried. Favourite vegetables include burdock, lotus root, leeks, onions, white radish (Daikon), mushrooms, seed, and bean sprouts.

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| Mushrooms | include shoro, kotake, shimeji, hatsudake, shitake (tree mushrooms) |
| Tsukemono | pickled vegetables |
| Sunomono | vinegared vegetable dishes |

Many types of fruit are common including several varieties of oranges, loquats, berries, and persimmons.

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| Natsumikan | summer mandarins |
| Nijusseki | pear apples |

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C. MILK PRODUCTS

Milk is not normally part of the Japanese diet. In traditional cooking, soy products (e.g., tofu/soy beverage) are used instead of milk.

D. MEAT AND ALTERNATIVES

Bean pastes (such as tofu), fish, seafood, eggs, chestnuts, ginkgo nuts are used in many dishes. Beef may have a higher fat content than North American meat. Beef is VERY expensive. Other choices are nutritious and more economical.

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| Kobe beef | beer-fed cattle from the port of Kobe (high fat) |
| Wadakin or Matsuzaka beef | cattle raised in dark sheds, fed hot mash and massaged regularly! (high fat) |

E. SEASONINGS/SAUCES

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| Aji-no-moto | Japanese monosodium glutamate (MSG) |
| *Wasabi | Japanese horseradish, one of the strongest condiments in Japanese food – very hot |
| Shoyu | slightly sweetened soy sauce (high in sodium) |
| Miso | made from fermented bean paste (high sodium). Used to flavour thick soups (Misoshiru). |
| Dashi | a clear base made from a broth of dried fish and seaweed. Contains Aji-no-moto (MSG). |
| Sansho | native pepper |

