

# NUTRITION IN TURKEY

## 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 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/raw vegetables.
- 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 urine that looks more like lemonade than apple juice. Darker coloured urine indicates dehydration.
- Apply sunscreen to protect your skin. Be sure to wear your hat.



**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 Turkish Food:

*Italics: means a higher carbohydrate choice.*

\*Means a high fat selection – cheese, fatty meats, desserts or foods prepared in oil. Limit high fat choices for pre-competition meals.

Staple foods in Turkey include unleavened breads made with rye or wheat flour, local vegetables, fresh fruit, cheese, buttermilk, yogurt, fish and legumes (beans, peas and lentils). Beef and lamb are expensive. Pork is not eaten. Beverages include diluted yogurt and buttermilk, beer, tea, boza, sahlelep, şalgam suyu and raki.

Olive oil, butter, young vegetables, yogurt, egg-lemon sauce, and cumin are the main flavourings. A little mint, garlic and onion or dill may be used.

### A. GRAIN PRODUCTS

Grains are an important part of meals. White bread is available at all meals. Rice and pasta are eaten with soups, meats.

<i>Ekmek</i>	<i>White wheat bread</i>
<i>Bulgur</i>	<i>Cracked wheat</i>
<i>Pilav</i>	<i>Cracked wheat or rice pilaf with vegetables</i>
<i>Manti</i>	<i>A ravioli (meat pastry) – like dish served with yogurt</i>
<i>Pida/pide</i>	<i>Arabian flatbread (can be used as a plate)</i>
*Yufka	Thin pastry brushed with butter
*Borek	Thin sheets pastry filled with cheese and meat
*Poğaçça	Pastry filled with cheese or potatoes or olive
<i>Simit</i>	<i>Ring shaped, savory roll covered with sesame seeds.</i>



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## Common Turkish Food: (continued)

### B. VEGETABLES

Tomato, zucchini, cucumber, eggplant, green beans, artichokes, root celery, and pinto beans are popular. They are cooked in olive oil or other vegetable oils and often served at room temperature, possibly with tomato and/or yogurt sauce.

<i>Patlıcan</i>	<i>Eggplant</i>
<i>Pilaki</i>	<i>Vegetables on which fish is often served (carrots, garlic, and onions, olive oil, parsley, dill and tomato sauce)</i>
* <i>Dolma/Sarma</i>	<i>Stuffed or wrapped vegetable with meat and rice</i>
* <i>Zeytinyağlı bakla</i>	<i>Horsebeans in olive oil</i>
* <i>Zeytinyağlı taze fasülye</i>	<i>Green beans in olive oil</i>
* <i>Patates kızartması</i>	<i>Fried potatoes</i>
<i>Havuç</i>	<i>Carrots</i>
<i>Soğan</i>	<i>Onion</i>
<i>Salata (salad)</i>	<i>Tomatoes, cucumbers, lettuce and very thin cut up onion with oil, lemon, and herbs.</i>

### C. FRUIT

Fruits are plentiful and used in large amounts. Conserves made from sweetened fruit are often part of the meal. Fresh or dried figs, strawberries and various types of melons grow in many areas. Peaches, apricots, round pears, oranges and figs are exported from Turkey.

<i>Cavus üzümü</i>	<i>Large grapes</i>
<i>İzmir üzümü</i>	<i>Small grapes</i>
<i>Karpuz</i>	<i>Watermelon</i>
<i>Şeftali</i>	<i>Peach</i>
<i>İncir</i>	<i>Fig</i>
<i>Elma</i>	<i>Apple</i>
<i>Portakal</i>	<i>Orange</i>
<i>Muz</i>	<i>Banana</i>
<i>Çilek</i>	<i>Strawberry</i>
<i>Armut</i>	<i>Pear</i>

### D. MILK PRODUCTS

Yogurt and cheese are more abundant than milk.

* <i>Beyaz peynir</i>	<i>White cheese</i>
* <i>Kaşar peynir</i>	<i>Yellow cheese made of sheep's milk.</i>
* <i>Krem peynir</i>	<i>Cream cheese</i>
* <i>Tulum peyniri</i>	<i>Granulous curd cheese (in small skins)</i>
<i>Muhallebi</i>	<i>A milk pudding with rice flour</i>
<i>Sütlaç</i>	<i>A milk pudding with rice</i>
<i>Tavuk Göğsü</i>	<i>A milk pudding with rice flour and chicken</i>



### E. MEAT AND ALTERNATIVES

Meat is a small part of Turkish meals. Beef, mutton and lamb are favourites. There is some poultry and veal. Meat is simmered in vegetable sauces, soups, or marinated to be cooked on skewers. Chickens or turkeys are stuffed with a pilaf of rice, pine nuts and currants.

Offal such as brains, kidney, liver, lungs and tripe are used to flavour soups, vegetable dishes and stuffing.

Mackerel, bonito, turbot, sea bass, mullet, swordfish, bluefish, dory and plaice are the most common fish in Turkey. Fish are often prepared with a base of vegetables or in pilaf.

Eggs, not plentiful, are cooked with vegetables or blended with fresh lemon juice to form a tart lemon sauce.

Dried peas, beans and lentils are used in soups and salads or as main dishes. Salted nuts are eaten as snacks.

<i>Hummus</i>	<i>Mashed chick peas with tahini, bulgur, and lentils</i>
<i>Çiğ köfte</i>	<i>Spicy raw meatballs</i>
<i>İzmir köfte</i>	<i>Meat balls with finely minced meat, onion juice, salt, pepper and fresh breadcrumbs</i>
<i>Döner kebab</i>	<i>Marinated lamb or beef cooked on a vertical spit</i>
<i>Hamsi</i>	<i>Small anchovy – widely used</i>
<i>Cipura</i>	<i>Farmed fish with a dark blue back and silvery sides</i>
<i>Kilich sheesh</i>	<i>Cubed marinated swordfish broiled on skewers</i>
<i>Tarama</i>	<i>A salty appetizer made from red roe</i>
<i>İzgara</i>	<i>Mixed grilled meat</i>
<i>Steak Tartar</i>	<i>Raw meat with spices, cilantro, and bulgur</i>
<i>Adana Kebab</i>	<i>Spicy skewered meat</i>

### F. COMBINATION FOODS (Carbohydrate and Protein)

<i>Dolma</i>	<i>Stuffed grape leaves or vegetables (squash, tomatoes, eggplant, marrow or cucumber)</i>
<i>Kavurma</i>	<i>Stew containing some meat, many vegetables, and varying amounts of fat</i>
<i>Haslama et</i>	<i>Stews containing some meat, many vegetables, and varying amounts of fat</i>
<i>Iskembe çorbası</i>	<i>Strong vinegar-garlic soups made from tripe (believed to sooth many ailments)</i>
<i>Circassian chicken</i>	<i>Chicken dish garnished with crushed, peppered walnuts</i>



## Common Turkish Food: (continued)

### G. FATS

Olive oil and other vegetable oils (sunflower) are the main fats. Butter and margarines are also used generously.

*Kaymak	A clotted cream used as topping for desserts
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### H. SWEETS

Numerous sweets, adopted from many cultures have influenced Turkish history. Fresh fruit and small dishes of nuts are common.

*Sekerpare tatlısı	Pastry, baked or fried, covered with sweet syrup
*Kadayıf	Pastry, baked or fried, covered with sweet syrup
*Baklava	Pastry, baked or fried, covered with sweet syrup
Aşure	<i>Pudding made with cereals, sugar, and raisins</i>
*Lokma/tulumba	Sweet pastry, tiny yeast dough balls fried in hot oil, steeped in syrup
*Kurabiye	Tender cookies
*Helva tatlısı	Sweet made from semolina, pine nuts, and butter
*Marzipan	Nut pastes made with almonds and pistachios
<i>Komposto/Hoşaf</i>	<i>Stewed fruit in syrup</i>

### I. BEVERAGES

Su	Water is most common
Raki	Alcoholic drink (approximately 40% alcohol), flavoured with anise (licorice tasting)
Ayran	Diluted yogurt, lightly salted, is a staple drink
Az sekerli kahve	Sweet Turkish coffee
Orta şekerli kahve	Medium sweet Turkish coffee
Çok sekerli kahve	Very sweet Turkish coffee
Sade kahve	Bitter coffee
Boza	Thick, fermented drink from wheat berries, with cinnamon
Sahlep	Milk with salep powder used as "cold" remedy



### SEASONINGS

Olive oil, butter, parsley, yogurt, cumin, and egg-lemon sauce are the main flavourings. A little mint, garlic and onion or dill may be used.

### MEAL PATTERNS AND EATING CUSTOMS

**Urban** – European type breakfast of bread, fruit and coffee.

**Rural** – clear tea, breads, goat cheese, olives and jam.

Snacks or small meals of Meze (appetizers) are eaten throughout the day.

**On special occasions** – a six course evening meal is served.

### RESTAURANTS AND MARKETS

**Muhallebici** – (milk shops) serve light meals of soup, boiled chicken dishes, plus milk and yogurt refreshments (e.g. milk-rice pudding).

**Kebapçı** – restaurants that serve small meals featuring kebabs.

**Pazar** – local fresh food markets.

