

HOTEL NUTRITIONAL REQUIREMENTS

INTRODUCTION

The following document is a summary of the nutritional requirements that hotels can use to develop their menu for the championship. The nutritional guide in the medical care guide offers a complete detailed analysis of the nutritional requirements for players from all countries that participate in the IIHF Championships.

The Nutritional Guide gives examples of a **seven-day** meal plans that respect cultural differences – hence a North American, European and Asian meal plan. It is essential that hotels serve the teams a diet that provides **familiar, varied** and **nourishing** foods in **abundant** quantities. Organisers must also provide appropriate **snacks** and **fluids** in training and competition venues.

FLEXIBLE SERVING TIMES

Each team will have a different game and practice schedule. Meal times will need to be flexible to accommodate their needs. The following principles must be followed for teams and hotels.

- Hotels must have a **contact** person that can deal directly with team personnel and their meal needs. The team must be able to contact this person in case of program changes and any concerns in meal needs.
- Meal times must be **flexible**. The team schedule can change and hotels must be prepared to meet these needs. The hotel must be able to serve breakfast before early morning practices and also dinners after late evening games.

MEAL TIMES

- Players will need a pre-game meal three to four hours before their game and perhaps a snack one to 2 hours before their game or practice.
- Players will also need to have meals or snacks shortly after practice or games.
- Players may need portable meals and fluids that can be taken to the training or competition sites.

TYPES OF FOODS

- **Two** entrée choices must be served (i.e. chicken, meat) and at least one of the dishes should accommodate cultural differences.
- A **salad** and **soup** must be served at every meal.
- A **pasta** dish must be available at every meal.
- Gravy and sauces should be served on the **side**.
- A **buffet self-serve** style is necessary to allow players to eat **abundant** quantities to satisfy their nutritional athletic demands.

FLUIDS

- **Bottled water** must be available during meals and at venues..
- A choice of **fruit** and **vegetable** juices should be offered at every meal.
- Sport drinks should be available at every meal.
- Milk beverages should be **low fat** (0-2 percent).
- Coffee and tea should be available to players and officials.

BREAKFAST

A hot and cold buffet that includes the following items must be available to the players:

- Various breads
- Cold cereal
- Fruits- fresh, canned or dried
- Nuts and seeds can be added to the cereal.
- Pancakes, French toast and porridge
- Eggs-boiled, poached or scrambled

- Meats – ham, sausage, bacon
- Chicken
- Salad buffet
- Yogurt, milk puddings
- Spreads- butter, margarine, nut butters, jam, mayonnaise, ketchup.

LUNCH AND DINNER

- One soup
- Salad buffet
- Pasta dish and another carbohydrate such as rice or potatoes.
- One pasta sauce on the side
- Two meat, poultry dishes (can have one fish choice)
- Two or more vegetables
- Fruit dish, low-fat cookies, puddings, energy bars

SNACKS

Snacks must be available at the hotel and in the arena.

- Sandwiches
- Energy bars
- Fruit
- Breads and crackers
- Low fat cookies
- Yogurt



ENERGY REQUIREMENTS

A male hockey player will need at least 4500 kcal/day while a female player will require 3500 kcal/day to meet the nutritional needs during a competition.

SUMMARY

This summary provides a guide for the organiser and the hotel that will be responsible for the nutrition of the players and officials during IIHF Championships. The details and the different menus can be found in the Medical Care Guide. The Nutritional Guide (Section 1.7) gives examples of the different North American, European and Asian menus.