



HOW TO COOK FOR ELITE ATHLETES

A GUIDE FOR ORGANISING COMMITTEES AND HOTELS

This Guideline was created together with Sports Nutritionist Judith Haudum to provide IBU Organising Committees and Hotels with a toolkit on how to offer athletes with high quality meal options and what ingredients are necessary to create those.

Whenever athletes gather for competition, the margin between victory and defeat is small. Diet affects performance, and the food that is chosen in training and competition will affect how well athletes train and compete. Especially when athletes follow special diets like **vegetarian** (without meat) or **vegan** diets (no animal products at all), there are often limited nutritious meal options available.

Athletes choose to follow a vegan or vegetarian diet for various reasons, such as **health benefits** or **lower impact on the environment**. We encourage the caterers and hotels to focus on foods with low impact on the environment (e.g. regional, local foods, vegetables in season, meat products from sources/partners with minimal impact on the environment).

We encourage you to use **minimal fat** in the **preparation** of the meals served and **avoid pre-produced instant products**. Some athletes experience complications and symptoms when consuming additives and other agents in ready-to-cook products. If possible serve the meals in **buffet style** as this allows athletes to choose the right portions and products preferred.

HOW TO READ THE FOLLOWING TABLE

The table lists menu components that should be served at every lunch and dinner, i.e. macronutrients (carbohydrates, proteins, fats) and vegetables/salads, fruit (for dessert).

The columns list a variety for

- **Omnivores** (people who eat all animal products, including meat),
- **Vegetarians** (no meat but other animal products OK)
- **Vegans** (no animal products: no meat, no egg, no dairy products, no milk)
- In the carbohydrate section, gluten-free options are marked with an asterisk (*).

DIFFERENT DIETS

	OMNIVORES (People who eat animal products inc. meat)	VEGETARIAN (No meat, but other animal products OK)	VEGAN (No animal products, i.e. no meat, no eggs, no dairy products or milk)
<p>CARBOHYDRATES applies for all groups</p> <p>* gluten-free ** need to check if gluten-free</p>	<ul style="list-style-type: none"> • Rice * • Oats ** • Bulgur • Bread • Potatoes * • Sweet potatoes * • Pasta / gluten free pasta * 	<ul style="list-style-type: none"> • Quinoa * • Polenta * • Millet * • Rye • Couscous • Buckwheat * • Maize * 	<ul style="list-style-type: none"> • Amaranth * • Lentils * • Chickpeas * • Beans * • Soybeans *

DIFFERENT DIETS

	OMNIVORES (People who eat animal products inc. meat)	VEGETARIAN (No meat, but other animal products OK)	VEGAN (No animal products, i.e. no meat, no eggs, no dairy products or milk)
PROTEIN	<ul style="list-style-type: none"> • Meat • Fish • Eggs • Dairy (hard & soft cheeses, yogurt) • Deli meat • Tofu and soy products (e.g. edamame) • Legumes (peas, lentils, chickpeas, beans) • Grains with high protein content (quinoa, rye, millet, amaranth, buckwheat, bulgur, sorghum, bulgur, kamut, teff, farro) • Seitan • Nuts Seeds 	<ul style="list-style-type: none"> • Fish • Eggs • Dairy (hard & soft cheeses, yogurt) • Tofu and soy products (e.g. edamame) • Legumes (peas, lentils, chickpeas, beans) • Grains with high protein content (quinoa, rye, millet, amaranth, buckwheat, bulgur, sorghum, bulgur, kamut, teff, farro) • Seitan • Nuts and nut butters • Seeds 	<ul style="list-style-type: none"> • Tofu and soy products (e.g. edamame) • Legumes (peas, lentils, chickpeas, beans) • Grains with high protein content (quinoa, rye, millet, amaranth, bulgur, sorghum, buckwheat, bulgur, kamut, teff, farro) • Seitan • Nuts and nut butters • Seeds

DIFFERENT DIETS

	OMNIVORES (People who eat animal products inc. meat)	VEGETARIAN (No meat, but other animal products OK)	VEGAN (No animal products, i.e. no meat, no eggs, no dairy products or milk)
VEGETABLES applies for all groups	<ul style="list-style-type: none"> • Broccoli • Carrots • Red beets • Zucchini • Eggplant • Squash 	<ul style="list-style-type: none"> • Tomatoes • Corn • Parsnips • Green beans • Fennel • Spinach, arugula, chard 	<ul style="list-style-type: none"> • Red, green, yellow peppers • Mushroom • Red and green cabbage • Leek • Celery • Garlic, onions

DIFFERENT DIETS

	OMNIVORES (People who eat animal products inc. meat)	VEGETARIAN (No meat, but other animal products OK)	VEGAN (No animal products, i.e. no meat, no eggs, no dairy products or milk)
FATS	<ul style="list-style-type: none"> • Olive oil • Canola oil • Walnut oil • Flaxseed oil 	<ul style="list-style-type: none"> • Nuts, seeds (unsalted) • Nut butter • Butter 	<ul style="list-style-type: none"> • Olive oil • Canola oil • Walnut oil • Flaxseed oil <ul style="list-style-type: none"> • Nuts, seeds (unsalted) • Nut butter
TOPPINGS	<ul style="list-style-type: none"> • Nuts (walnuts, cashews, almonds) • Seeds (flaxseed, pumpkin seeds, sesame, sunflower seeds) • Shredded cheese (e.g. parmesan, feta) • Fresh herbs • Dried fruits (e.g. raisins, cranberries, apricots) 		<ul style="list-style-type: none"> • Nuts (walnuts, cashews, almonds) • Seeds (flaxseed, pumpkin seeds, sesame, sunflower seeds) • Fresh herbs • Dried fruits (e.g. raisins, cranberries, apricots)

DIFFERENT DIETS

	OMNIVORES (People who eat animal products inc. meat)	VEGETARIAN (No meat, but other animal products OK)	VEGAN (No animal products, i.e. no meat, no eggs, no dairy products or milk)
FRUITS applies for all groups	<ul style="list-style-type: none"> • Apple • Pear • Bananas • Oranges 	<ul style="list-style-type: none"> • Clementines • Red and green grapes • Kiwi fruit • Sliced fruits 	<ul style="list-style-type: none"> • Homemade fruit salad (unsweetened) • Dried fruit mixes (unsweetened)

EXAMPLE MEALS (LUNCH/DINNER)

OMNIVORES (People who eat animal products inc. meat)	VEGETARIAN (No meat, but other animal products OK)	VEGAN (No animal products, i.e. no meat, no eggs, no dairy products or milk)
<ul style="list-style-type: none"> • Homemade carrot-ginger soup • Mild beef curry with potatoes, plain rice, grilled vegetables • Apple crumble 	<ul style="list-style-type: none"> • Homemade carrot-ginger soup • Risotto with tuna; Spinach, roasted beets, red bell peppers • Fruit muffin 	<ul style="list-style-type: none"> • Homemade carrot-ginger soup • Risotto with tofu; Spinach, roasted red beets, red bell peppers • Vegan nut cake
<ul style="list-style-type: none"> • Minestrone soup • Salmon steak with potatoes, couscous, grilled zucchini, yellow bell peppers, squash • Fruit cake 	<ul style="list-style-type: none"> • Minestrone soup • Salmon steak with potatoes, couscous, grilled zucchini, yellow bell peppers, squash • Fruit cake 	<ul style="list-style-type: none"> • Minestrone soup • Lentils burger, potatoes, grilled zucchini, yellow bell peppers, squash • Vegan fruit cake
<ul style="list-style-type: none"> • Homemade broccoli soup • Polenta with veal, mixed grilled vegetables • Pudding 	<ul style="list-style-type: none"> • Homemade broccoli soup • Polenta pizza with feta, tomato, arugula topping • Pudding 	<ul style="list-style-type: none"> • Homemade broccoli soup • Polenta with warm lentils/beans, mixed grilled vegetables • Pudding (with non-dairy milk alternative)

EXAMPLE MEALS (LUNCH/DINNER)

OMNIVORES (People who eat animal products inc. meat)	VEGETARIAN (No meat, but other animal products OK)	VEGAN (No animal products, i.e. no meat, no eggs, no dairy products or milk)
<ul style="list-style-type: none"> • Homemade tomato soup • Grilled chicken with sweet potato, lentils, mixed cooked vegetables • Rice pudding 	<ul style="list-style-type: none"> • Homemade tomato soup • Spinach omelette with sweet potato, lentils, mixed cooked vegetables • Rice pudding 	<ul style="list-style-type: none"> • Homemade tomato soup • Bean burger with oven baked sweet potato, mixed cooked vegetables • Rice pudding (with non-dairy milk alternative)
<ul style="list-style-type: none"> • Homemade noodle soup • Grilled fish, tagliatelle, amaranth, roasted beets, carrots, zucchini • Fruit cake 	<ul style="list-style-type: none"> • Homemade noodle soup • Spaghetti with ricotta, arugula • Fruit cake 	<ul style="list-style-type: none"> • Homemade noodle soup • Spaghetti with tomatoes, chickpeas • Vegan fruit cake, soy yogurt
<ul style="list-style-type: none"> • Broccoli soup • Grilled fish with quinoa, potatoes, spinach, carrots, corn • Chocolate cake (no coating) 	<ul style="list-style-type: none"> • Broccoli soup • Grilled fish with quinoa, potatoes, spinach, carrots, corn • Chocolate cake (no coating) 	<ul style="list-style-type: none"> • Broccoli soup • Risotto with beans, zucchini • Vegan chocolate cake (no coating)



INTERNATIONAL
BIATHLON
UNION

© **AUGUST 2023**

www.biathlonworld.com

Sonystrasse 20, 5081 Anif b. Salzburg, Austria

For any questions, please contact:

Riikka Rakic, Head of Sustainability, riikka.rakic@ibu.at

ABOUT IBU The International Biathlon Union (IBU) is recognised by the International Olympic Committee as the international governing body for the Olympic sport of biathlon. Headquartered in Anif near Salzburg, the IBU is a non-profit organisation registered in Austria that regulates the sport and oversees competition organisation world-wide. In cooperation with its 60 member national federations, the IBU uses competitions, events, programmes and other activities to promote and develop participation in Biathlon throughout the world.