

Information

Meal Plan and Menu Developed by a High-Performance Support Center Nutrition-Function-Area — The Case of London and Rio de Janeiro Olympics—

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ABSTRACT

The Japan Sports Council has established a High-Performance Support Center, hereinafter referred to as the HP Support House, commissioned by Japan Sports Agency, as a base for final and last-minute adjustments of athletes prior to competitions at the Olympic and Paralympic Games. The aim of this document is to provide a reference material for sports nutritionists, dietitians, and others working in the field of sports nutrition planning nutritional support for athletes. We report on the meal planning and menu concept of the formula diet developed by the HP Support House for both the London and Rio de Janeiro summer Olympic Games. In Rio de Janeiro, the experience of the plan devised for the games in London was applied. In these events, we developed a meal plan for the HP Support House to enable the athletes themselves to understand the nutrient deficiencies at the Athletes' Village Restaurants and to manage their own nutritional intakes in compliance with their individual challenges and goals. In the meal planning, the meal offerings at the athletes' village restaurants and the athletes' requests were thoroughly considered. When implementing nutritional support with meal provision, it is important to understand, in advance, the challenges and objectives of nutritional supply to the athletes throughout the support period and the athletes' activity schedules. In addition, when multiple meal service facilities are used, the dietary environment must be prepared so as to provide the necessary nutritional supply in a comprehensive manner. In preparing the menu at the HP Support House, we took special care to ensure that the foods were familiar to the athletes. Furthermore, meals used as a medium to provide nutrition education and nutrition information could serve as effective motivators to support the athletes' whole activities.

Keywords: High-Performance Support Center, London Olympics, Rio de Janeiro Olympics, meal plan, menu concept