

Information

Introduction of Post-Cooking Nutritional values in a Restaurant at a High-Performance Sports Center

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ABSTRACT

The nutritional values of foods change when they are cooked. The Standard Tables of Food Composition in Japan (hereafter referred to as the Standard Tables of Food Composition) contain the nutritional values of cooked foods and the rates of changes of the nutritional values of the foods that occur due to cooking. Therefore, the nutritional values of cooked foods can be calculated from the nutritional values of raw foods (hereafter referred to as "post-cooking nutritional values").

The nutritional values considered at restaurants in High- Performance Sports Centers have been based on the nutritional values of the raw foods, as in many food-service facilities. However, we introduced the consideration of post-cooking nutritional values at one such restaurant in June 2019. We believe that use of post-cooking nutritional values is more appropriate for surveys and researches on nutritional assessment and intakes of top athletes.

We used the foods listed in the Standard Tables of Food Composition or similar foods to calculate the post-cooking nutritional values. In cases where the post-cooking nutritional values were not yet listed, we estimated them from the "raw" nutritional values and the rates of changes of the nutrients. For commercially prepared and processed products, we used the nutritional values listed on the product package. For products where changes in the nutrients due to cooking should be taken into account, we used the rates of changes of the nutrients to estimate the post-cooking nutritional values. In the case of commercially prepared and processed products that contained nutrients not listed on the product label, we used foods from the Standard Tables of Contents to compensate for the nutrients or estimated them from the ingredients and the ratios of the ingredients.

The post-cooking nutritional values listed in the Standard Tables of Food Composition are based on the assumption of general cooking, and the values could be different when the nutrients and weight change through mass cooking. With the introduction of post-cooking nutritional values, we believe that we will be able to present nutritional values closer to those actually consumed, which will contribute more reliably to the conditioning of athletes.

Keywords: post-cooking nutritional values, nutritional evaluation, nutritional labeling, top athletes