



Toowoomba Hockey Association

CATERING GUIDELINES

CATERING GUIDELINES TRAVELLING TEAMS

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The following are guidelines for the nutritional requirements for sporting teams:

- Meals should be based on good quality carbohydrate sources including bread, breakfast cereal, pasta, rice, noodles, potato, fruit and low-fat dairy products (i.e. Fruit yoghurts)
- Moderate serves of lean or low fat protein-rich foods should be provided at each meal. This includes lean red meat, skinless chicken breasts, seafood and low-fat dairy products.
- All meals and snacks should be based on low-fat preparation styles and food choices (unless specified). This includes:
 - low fat cuts of meat (no marbling, fat trimmed), skinless chicken breasts (not thigh), no processed meats (salami, sausages)
 - low-fat cooking methods
 - the option of low fat dairy milk and yoghurt as well as full fat
- On request, foods suitable for special dietary needs should be provided (i.e. gluten free, vegetarian). This will be negotiated prior to the arrival of the team. It is suggested that these foods are served separately, or clearly labelled to ensure the athlete receives the correct meal.

COOKING AND PREPARATION METHODS

- All foods should be cooked with styles that require minimal addition of fat/oil: grilling, baking, steaming, boiling, microwave with minimal added oil.
- Gravy and/or sauces can be served with the food because they add flavour and moistness. Sauces based on cream/butter and alcohol should be avoided. Tomato based sauces are usually the best choice. In addition, "white" sauces can be made with a skim evaporated milk base.
- Cream should be replaced with low fat yoghurt/crème fraiche or custard made with low fat milk
- Dressings should be served separately to salads where possible, and should include balsamic vinegar,

Breakfast

Breakfast basics include:

- wholegrain cereals and natural muesli (including weetbix and higher fibre, low sugar options). Bircher muesli can be included, as can porridge or oatmeal in cooler weather.
- yoghurt (low fat, flavoured or sweetened)
- fruits (can be canned / bottled as well as fresh)
- milk (preferably reduced-fat and full cream) and soy milk – clearly labelled
- bread and bread rolls (variety of different types, including grain, rye, wholemeal and white)
- cheese
- jam, honey, nut paste, vegemite, margarine
- preferably no salamis or sausages – ham is OK

Hot options: - vegetables (e.g. cooked mushrooms, tomatoes)

- boiled, poached or scrambled eggs (choice of one option daily)
- canned spaghetti or baked beans can be alternated
- pancakes, low fat french toast or waffles with maple syrup on the side

PLUS tea, coffee, juice and water

Lunch

Buffet to prepare own sandwiches (where possible with the option of a hot sandwich press or sandwich toaster):

- ham, cold cooked chicken, turkey, any lean cold meats (not salami)
- canned fish (e.g. tuna, salmon)
- cheese
- capsicum, grated carrot, beetroot, tomato sliced, onion, cucumber sliced, salad (dressing on the side)
- boiled eggs
- bread, rolls (variety of different types, including grain, rye, wholemeal and white as well as tortillas or flatbreads)
- rice cakes / corn cakes or rice crackers
- fruits
- yoghurt (low fat, flavoured or sweetened is OK)
- homemade fruit muffins (see AIS recipe books)
- PLUS tea, coffee, juice and water

Hot options could also be provided:

- At least 1 hot dish for lunch (see guidelines for dinner)
- The option of a soup

Dinner

Depending on numbers you can offer one or two main meals

Bread / rolls, low fat yoghurt, and fruit always should always be made available.

1. Each night there should be rotation between chicken, meat (Beef, pork, lamb etc) and or fish. Fish is less popular with younger athletes, so may not be included in the rotation. In the case it is, it should be included as an option with chicken or beef.
2. Each dish must have a carbohydrate-rich ('starch') base or accompaniment – pasta, rice, potato, noodles or cous cous.
3. Salad or vegetables should be offered each night
4. Pizzas may be a suitable option if prepared with lean meats, vegetables and a reduced amount of cheese topping.
5. Creamy sauces and bases for dishes (risotto and curries) should be replaced with a evaporated skim milk base.
6. Desserts and fruit choices should be served without cream. Gelati, icecream or custard are suitable with preference given to low fat brands
7. Drink choices: tea, coffee, hot chocolate, juice and water to be available.

MEAL EXAMPLES:

Plain Protein Option:

Steak or Roast Meats

- Lean meat or chicken
 - Moderate serve sizes
 - Trim fat from meat
 - Served with appropriate vegetables

Fish

- Baked, Grilled or Crumbed
 - Light Sauce on the side
 - Served with appropriate vegetables

Quiche

- Use low fat ingredients where appropriate
 - Served with appropriate vegetables

Chicken or Veal Schnitzel

- Baked not Fried
 - Served with appropriate vegetables

Ideas for pasta option:

Pasta with Low Fat Sauce:

- spaghetti
- fettucini
- tagliattelli
- gnocchi
- other noodles

Ideas for Pasta Sauces:

Where possible, sauces should be served separately to pasta to allow the athletes to serve themselves.

- tomato (eg napoletana sauce): minimal oil
- bolognaise: minimal oil, lean meat
- vegetarian/vegetable (eg primavera sauce): minimal oil, no cream
- seafood sauce: minimal oil, no cream
- chicken and vegetables: minimal oil, no cream
- "carbonara" - made with evaporated skim milk, lean ham, reduced fat cheese
- "matriciana" – made with lean ham, tomatoes, chilli
- pumpkin (e.g. for gnocchi) – pumpkin, evaporated skim milk, onions and spices

*Lasagna and cannelloni - made with low fat fillings and sauces above

Most sauces can be adapted to add minimal oil and minimal high-fat ingredients (eg fatty meats, cream). Alternatives may be found with lean meats or white sauces based on skim milk thickened with flour, evaporated skim milk or low fat yoghurt

Ideas for carbohydrate based dish

Rice Ideas:

- Paellas
- Risotto
- Pilaf
- "fried" rice or
- stir fries served with rice

Noodle Ideas:

- Asian Rice noodles with tofu & veggies
- Gado Gado with Hokkein noodles
- Hokkein Noodles with chicken and vegetables in a Plum Sauce

Casseroles/Curries (should be mild)

- Lean meat/chicken/fish/seafood - trimmed of fat and skin
- Minimal oil or fat used in cooking
- Add an assortment of vegetables
- Serve with rice or couscous

Shepherds Pie/Beef or Chicken Lasagna

- Every attempt should be made to use reduced fat items and lean meat choices

Kebabs

These are best served so athletes can assemble these themselves:

- Lean meat/chicken/fish/seafood - trimmed of fat and skin
- Soak in low-oil marinades
- Serve as a wet dish or threaded on skewers with vegetables (ie. capsicum, onion, mushroom) and grill or BBQ
- Serve with rice/noodles/couscous or along with lavash bread with appropriate salad items

Fajitas / Burritos

Mexican-style stir fry with vegetables served with tortillas, grated cheese, sliced tomatoes, lettuce, refried beans / Mexican beans, guacamole and salsa on the side.

All cooking should be undertaken with minimal oil or fat, and low fat ingredients such as lean meat/chicken/seafood and vegetables used

Ideas for Dessert:

Fruit or a fruit platter and low-fat fruit yoghurts should be available to the athletes each night for a dessert choice at the evening meal. One of the following choices may be offered as an additional choice to the above items:

- Ice cream or frozen yoghurt or Sorbets/gelati
- Fruit crumble (modify recipe to low-fat version) and icecream/ yoghurt/custard
- Fruit salad and reduced-fat yoghurt/ice-cream
- Carrot cake/banana cake or muffins
- Pancakes with fruit (eg blueberries, strawberries, stewed apples) and ice-creams
- Waffles (see ideas for pancakes)
- Fruit strudel served with custard
- Rice custard / pudding
- Low fat steamed puddings with sauces or custard

