



NUTRITIONAL GUIDELINES FOR FIELD HOCKEY PLAYERS

**FEDERATION INTERNATIONALE DE HOCKEY
INTERNATIONAL HOCKEY FEDERATION**

**January 2007
(first published 1998)**

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1 Weight and Calorie Intake

- 1.1 Assuming there are no allergies or medical problems:
- men average weight: 150 – 180lbs (68 – 82kg)
 - women average weight: 110 – 160lbs (50 – 72.5kg).
- 1.2 The average daily calorie intake should be in the range of:
- 2500 – 3500Kcal men
 - 2000 – 3000Kcal women.

2 Food Categories

- 2.1 Basic categories:
- water unlimited supply
 - rehydration fluid non-carbonated less than 5-8%
 - concentration glucose/sucrose content 5-8%
 - fruits
 - vegetables
 - carbohydrate
 - fat (low content)
 - protein 1-2gms per kg of body weight
 - sugars.
- 2.2 Special notes:
- there should be a variety of foods content
 - extra mineral and vitamins have no physiological value.
 - carbohydrate replacement can be made available for after work- out periods.
 - some herbal supplements may trigger positive dope tests.
 - vegetarians need to ensure they have a good in-take of animal protein.
 - processed foods are to be avoided.

3 Menu Framework, Menu Policies and Portion Sizes

The caterer is required to provide a range of dishes to meet the menu framework set out below. The framework represents the minimum acceptable standard.

- 3.1 For breakfast the caterer must provide:
- a a choice of three cereals
 - b a range of breads, rolls and toast
 - c a choice of butter, margarine and low fat spread
 - d a choice of jams, marmalades and honey
 - e a choice of fresh full, semi-skimmed and skimmed milk
 - f a choice of fruit juices

- g a choice of fresh fruit, including bananas
- h tea, coffee, drinking chocolate and water.

3.2 For lunch the caterer must provide:

- a sandwiches and/or rolls with a minimum of two different fillings each day, at least one of which must be suitable for vegetarians
- b a choice of fresh fruit, including bananas
- c a slice of cake, cereal bar or biscuits
- d a choice of fruit juices, squash, milk and water.

3.3 For the evening meal the caterer must provide:

- a 2 hot main meals, to include a vegetarian dish
- b 1 cold main salad
- c 2 vegetables
- d 2 from potatoes, rice or pasta
- e 1 hot sweet
- f a selection of cold sweets, including yoghurt, fresh fruit and ice-cream
- g a choice of fruit juices, squashes and water, tea and coffee.

3.4 Menus must be developed to reflect the specific needs of the customers. The majority of customers are men and women aged 12-35 years of age. The menus must take account of the religious and ethnic preferences of the participating countries (Annex A).

4 Restaurants

Athletes are advised to consume high CHO, low fat diets. Many restaurants do not achieve the target of 15-30% fat and 60-70% CHO that is recommended for athletes. Be sure to avoid excess added fats (eg butter, margarine, salad dressings, etc) and fried foods.

5 Sample Menu Plans

Three sample meal plans (70% CHO) from common western diets are provided for illustration. However, the athletes and coaches must consult with a nutritionist in their particular country for this specific, individualised information.

5.1 Sample meal plan - 2000 kilocalories (70% CHO):

- breakfast: low fat milk - 250 ml
fruit juice - 125 ml
cereal - 250 ml
bread - 1 slice
jelly/jam/honey/sugar - 10 ml
fruit
- snack: fruit juice - 250 ml
- noon meal: tossed vegetable salad - no dressing
sandwich: 2 slices bread
60 gm lean meat/fish/poultry
5 ml butter/mayonnaise
stock based vegetable soup -250 ml
crackers - 3 small
fruit juice - 250 ml
fruit

snack: fruit

evening meal: tossed salad – no dressing
steamed vegetables -125 ml
bread rolls - 2
pasta/noodles/rice - 250 ml
lean meat/fish/poultry - 60 gm
vegetable soup - 250 ml
crackers - 3 small
fruit salad - 250 ml
low fat milk - 250 ml

snack: fruit juice - 250 ml

5.2 Sample meal plan - 3000 kilocalories (70% CHO):

breakfast: low fat milk - 250 ml
fruit juice - 250 ml
bread - 3 slices
butter/margarine - 5 ml
cereal - 250 ml
jam/jelly/honey/sugar - 15 ml

snack: fruit
fruit juice

noon meal: tossed vegetables salad - no dressing
sandwich: 2 slices bread
60 gm lean meat/fish/poultry
5 ml butter/mayonnaise
stock-based vegetable soup - 250
bread roll 1
fruit salad - 250 ml
low fat milk - 250 ml

snack: fruit
fruit juice - 250 ml

evening meal: tossed vegetable salad
cooked vegetables - 250-500 ml
potato/rice/pasta - 625 ml
butter/margarine - 5 ml
lean meat/fish/poultry - 90 gm
fruit
low fat milk - 250 ml

snack: fruit juice - 500 ml
plain biscuits - 6

5.3 Sample meal plan - 4000 kilocalories (70% CHO):

breakfast: low fat milk - 250 ml
fruit juice - 250 ml
fruit
bread - 4 slices
cereal - 250 ml
butter/margarine - 5 ml
jam/jelly - liberal

snack: fruit juice - 250 ml
raisins - 125 ml

Noon Meal: low fat milk - 250 ml
 2 sandwiches: 4 slices bread
 4 slices bread
 120 gm lean meat/fish/poultry
 10 ml butter/mayonnaise
 stock-based vegetable soup - 250 ml
 crackers - 6 small
 vegetables - liberal
 fruit
 fruit juice - 250 ml

snack: fruit juice - 250 ml
 plain biscuits - 6
 fruit

evening meal: low fat milk - 250 ml
 steamed vegetables - 250 ml
 pasta/rice/noodles - 750 ml
 lean meat/fish/poultry - 90 gm
 bread roll - 1
 tossed vegetable salad - no dressing
 fruit salad - 500 ml

snack: fruit juice - 250 ml
 fruit
 plain biscuits - 6

6 References for Nutritional Guidelines

International Olympic Committee Sports Medicine Manual ISBN: 0-88953-129-3

Nutritional Needs of Athletes: Fred Brouns ISBN: 0 471 94079 8

Reference Nutrient intake published in the report of the Panel of Dietary Reference Values of the Committee on Medical Aspects of Food Policy - Dietary Reference Values for Food Energy and Nutrients for the United Kingdom, London HMSO, 1991. (With thanks to RDA Dodds.)

Appendix: Guidelines for Muslim Halal Food and Food Preparation

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Introduction

Muslims (individuals of the Islamic faith) are required by their religion to consume only food which is HALAL and avoid/abstain from consuming alcohol/alcoholic beverages and food which is non-Halal.

Halal food is defined as food which:

- is slaughtered and prepared according to Islamic Rites and Procedures by Muslims
and
- is not meat of pigs and dogs and animals which live in "two worlds"(ie two environments, ie in water and on land) such as frogs, snakes, certain crabs, etc either eaten on its own or mixed with other Halal meats or foodstuff. This would also include certain foodstuffs such as gelatine and certain cheeses which use products made from pigs for its processing or production
and
- is not the meat of vermin such as rats, mice., buzzards, cockroaches and other disease carrying animals
and
- must not contain any alcohol, even a small amount either obvious or mixed with the rest of the other foodstuff during preparation, even in otherwise Halal food such as deserts and confectionery, salad dressing and condiments.

Fish (including fish roe), seafood and its roe) and eggs are Halal.

Preparation of Halal food should take into account the following matters:

- the Halal meat and food must not be stored in the same refrigerator or room with non-halal meat or foodstuffs;
- must not be prepared in utensils which have been used to cook, prepare, store or serve non-Halal meat: in other words there must not be any possibility of the Halal meat being contaminated by non-Halal food;
- Halal food must be kept away from non-Halal food and must not be placed side by side or in close proximity on the serving table or counter.

The common misconception among Non-Muslims is that Muslims only avoid the meat of pigs: ie pork, and processed food counting the flesh of pigs such as ham, certain sausages, salami and pastrami. Although beef, mutton, lamb and chicken are acceptable but they are Halal only if the animal has been slaughtered according to Islamic Rites and Procedures by Muslims and are therefore non-Halal otherwise.

Kindly refer to your local Muslim Organisation for definitive advice on Halal Food and Halal Food Preparation and sourcing for Halal Food.