



# OLYMPIC GAMES PARIS 2024

## A Performance Nutritionist Perspective

# Team at home

Performance Nutrition - sportscotland institute of sport



Dr Nikos Jakubiak



Suzie Oliphant



Ailis Robertson



Rebecca Burns



Sophie Logan



Robyn Dunn



# Team GB Performance Nutrition Team



Wendy Martinson  
Performance Nutrition  
Lead (across all sites)



Irene Riach  
Performance  
Nutritionist  
(Performance Lodge)



Vicky Newbold  
Performance  
Nutritionist  
(Prep camp SGEL)



Carl Engleman  
Performance Chef  
(across all sites)  
9/7/24 – 26/7/24



Marcin Mazur  
Performance Chef  
(across all sites)  
24/7/24 – 12/8/24

## Nutrition Influence...

### Preparation camps

Saint-Germain-en-Laye

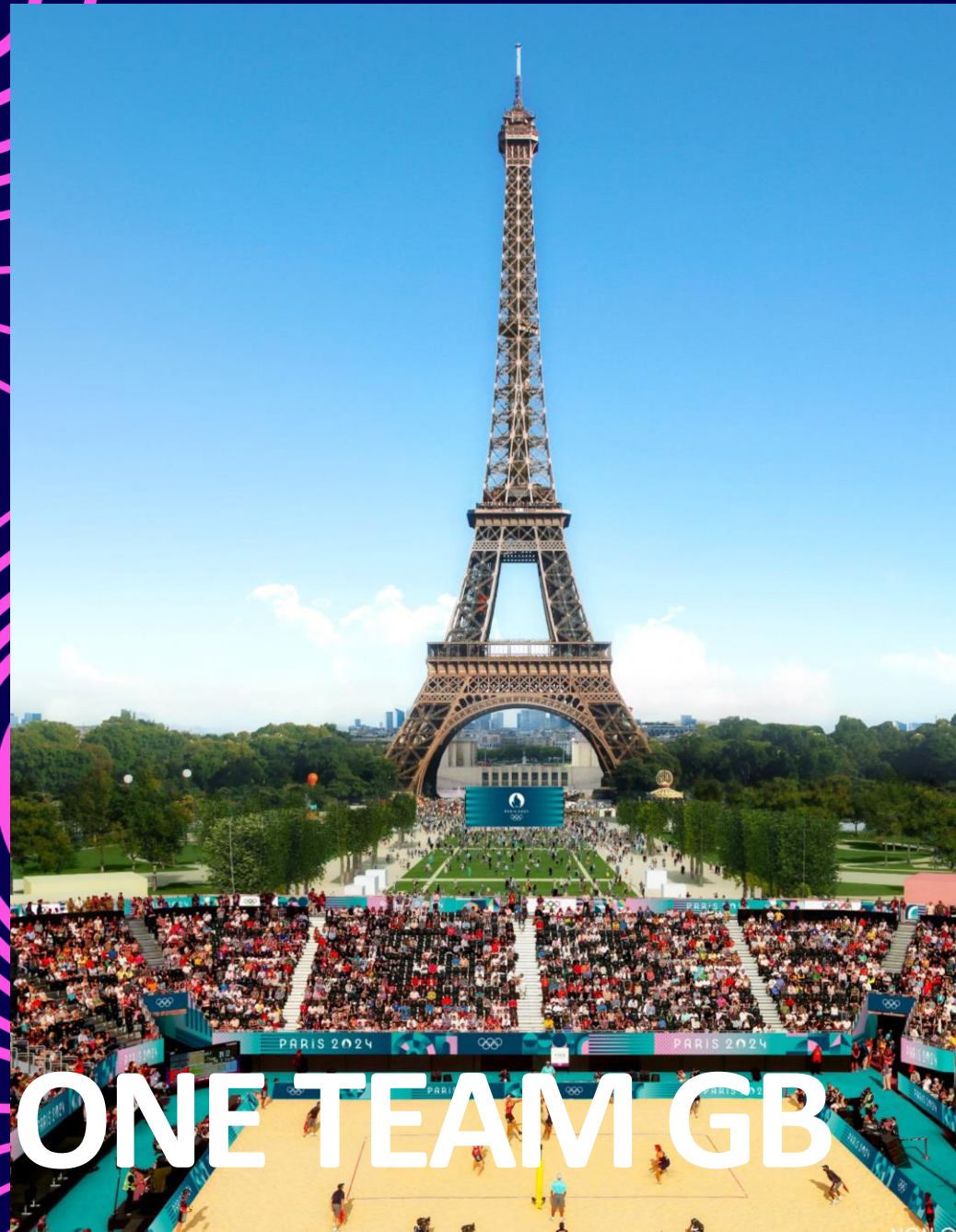
multisport

### Reims

gymnastics, swimming, boxing,  
table tennis

### Performance Lodge

Clichy- multisport



# THE PERFORMANCE LODGE

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An exclusive facility in Paris, close to the Olympic Village, that will deliver a performance advantage by optimising the support provided to Team GB athletes immediately prior to and during competition

# Performance Lodge

Sport technical  
area

Performance  
Dining &  
Service

Physical Prep

Medical  
Services

Dreams sleep  
retreat

Performance  
Analysis

Ice baths

Nearest and  
Dearest

Media

Chill out and  
games zone



TEAM GB



# Performance Dining - Procurement

- Build on previous experience from major games to produce detailed catering guidelines for companies to tender for contract.
- Score and appoint external catering company
- Work with the catering company on menu development & food procurement (sustainability and safety)



PARIS 2024 TEAM GB  
PERFORMANCE NUTRITION & CATERING REQUIREMENTS

**Background**

The quality and appropriateness of food choices play a significant part in an athlete's preparation, recovery, and performance at major sporting events. Catering for athletes and staff from the British Olympic Team at the exclusive Team GB venues, will be a critical part of the support provided to the team members during the Paris 2024 Olympic Games.

Specific performance nutrition is required for athletes, and the requirements will vary across the Olympic sports within Team GB.

Team GB will seek to provide foods that the athletes and staff members are familiar with, so the menus and meal options will be mainly in a British style rather than a local style, but the inclusion of occasional local specialities would be appreciated. Example dishes are provided in the 'menu recommendations' section of this document. A minimum of a 7-day menu cycle is required.

We will provide three different meals during the day: Breakfast, Lunch and Dinner. The timings of these meals will be confirmed closer to the event but to give a guide, the approximate service times may be as follows:

- o Breakfast: 07:00-10:00  
(Cereals, milk, fruit, yoghurts and bread to be available from 06.00 for staff that begin work at this time of day)
- o Lunch: 12.00-15.00
- o Dinner: 18.30-21.00

Specific details on food supply, preparation and service are provided in this document and also some example menus.

Team GB will bring a Performance Chef to advise and work with the chefs in the kitchen, so this must be permissible.

The assistance of catering staff in helping our athletes and staff to prepare for the Olympic Games is gratefully acknowledged.

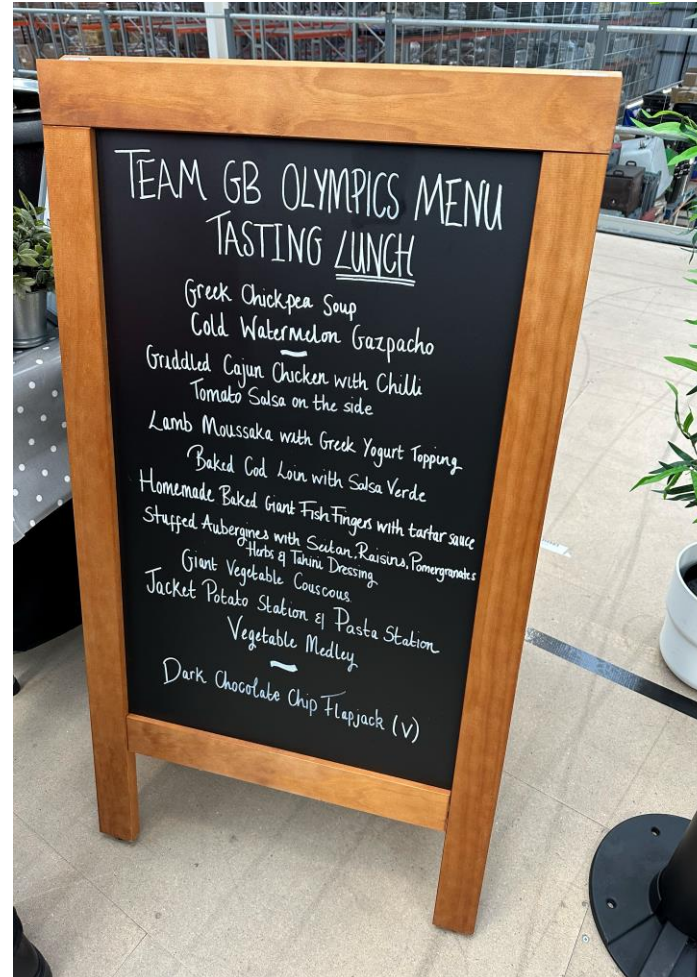
# The Performance Lodge setup

Global Infusion  
Group (GIG)

Team GB Chef

7 day rolling menu

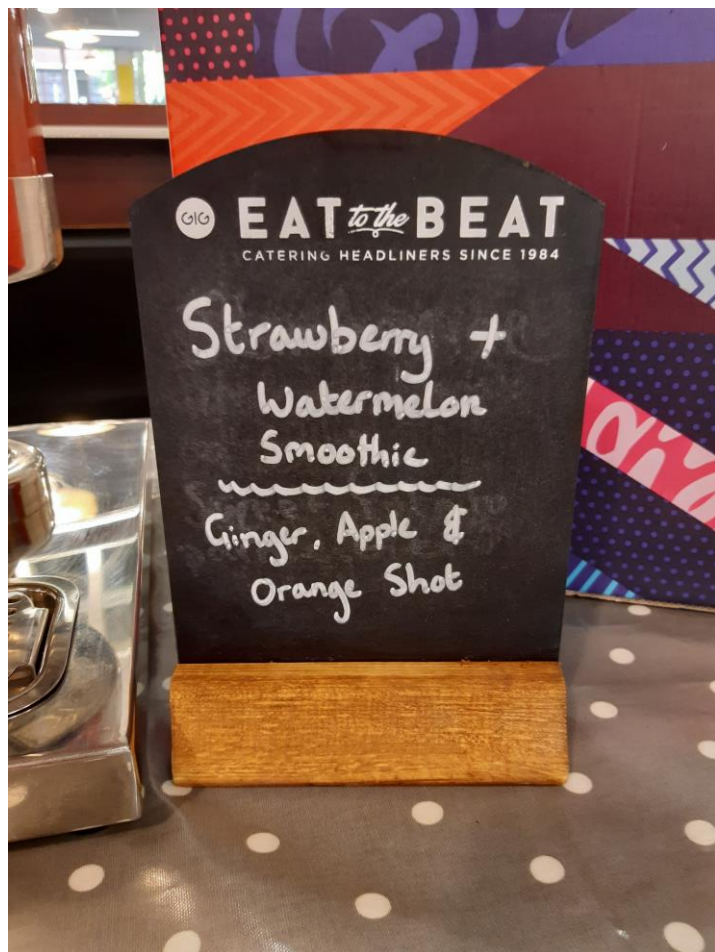
Snack Station:  
Aldi products





# Menu structure at the Performance Lodge – lunch & dinner

	Lunch (12.00-15.00)	Dinner (18.30 – 21.00)
Soup & bread	✓ x 1	✓ x 1
Salad bar	✓	✓
Cold protein selection/make your own sandwich bar	✓	
Hot poultry option	✓	✓
Hot red meat option	✓	✓
Hot fish option	✓	✓
Hot vegan protein option	✓	✓
Hot carbohydrate option	✓ x 2 Jacket potato & pasta station	✓ x 2
Hot veg	✓ x 2	✓ x 2
Dessert/baked goods	✓ x 1	✓ x 2
Fruit	✓	✓
Yoghurt	✓	✓



**GIG EAT *to the* BEAT**  
CATERING HEADLINERS SINCE 1984

Cauliflower and  
Spinach dahl

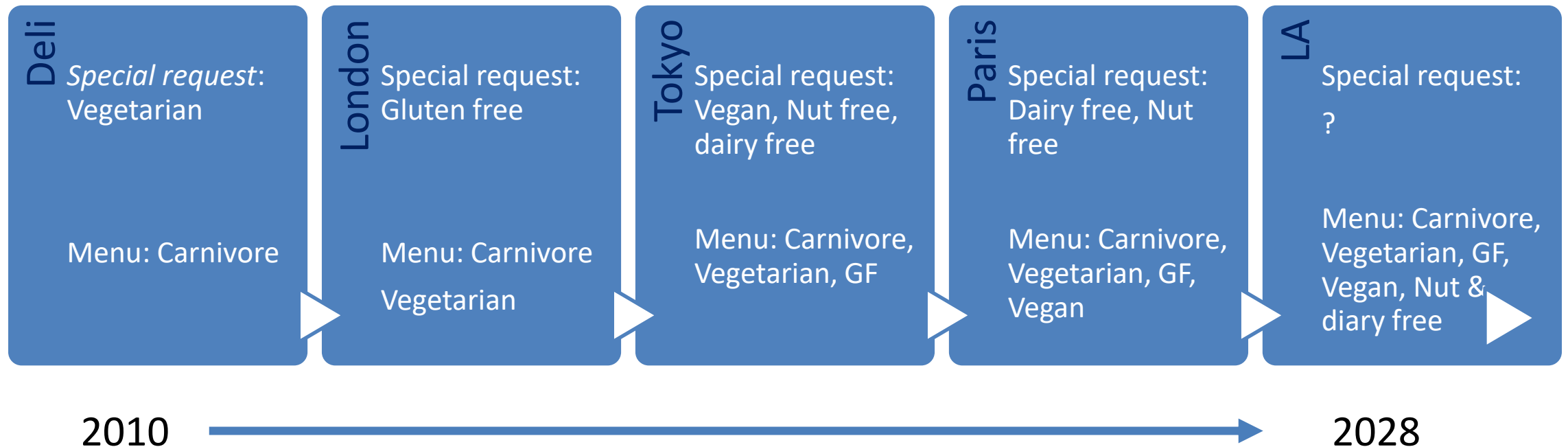
EU Label values per 100g

	PER 100g	%RI	PER 200g SERVING	%RI
Energy(kJ)	171 kJ	2%	34201 kJ	4072%
Energy(kcal)	41 kcal	2%	81385 kcal	4069%
Fat	0.5 g	1%	820 g	1171%
of which saturates	0 g	0%	194 g	970%
Carbohydrate	6.9 g	3%	13740 g	5285%
of which sugars	2.9 g	3%	5755 g	6394%
Fibre	1.8 g	7%	3619 g	14476%
Salt	2.5 g	5%	5027 g	10054%
Salt	0.02 g	0%	40.3 g	872%

Icons: A red circle with a white outline of a baby bottle, and a red circle with a white outline of a glass containing a beverage with bubbles.

# Menu construction & journey

Collaborative approach from Team GB nutritionist, chefs and GIG to form a multi functioning performance dining menu



# The Milk journey



TEAM GB



PARIS 2024



# Value in kind partners



- Aldi - Supplier of all snack station products
- Whole earth – nut butters
- Danone – Get Pro yoghurts & Actimel probiotics



# Pre games work – it is all in the planning!



PERFORMANCE  
DINING  
ENVIRONMENT



MENU CHOICE  
ARCHITECTURE



FOOD  
PROCUREMENT  
(CLEAN SPORT)



FOOD SAFETY



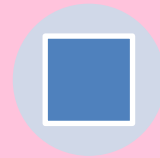
SCENARIO  
PLANNING



BUMP IN/ BUMP  
OUT



WAYS OF WORKING

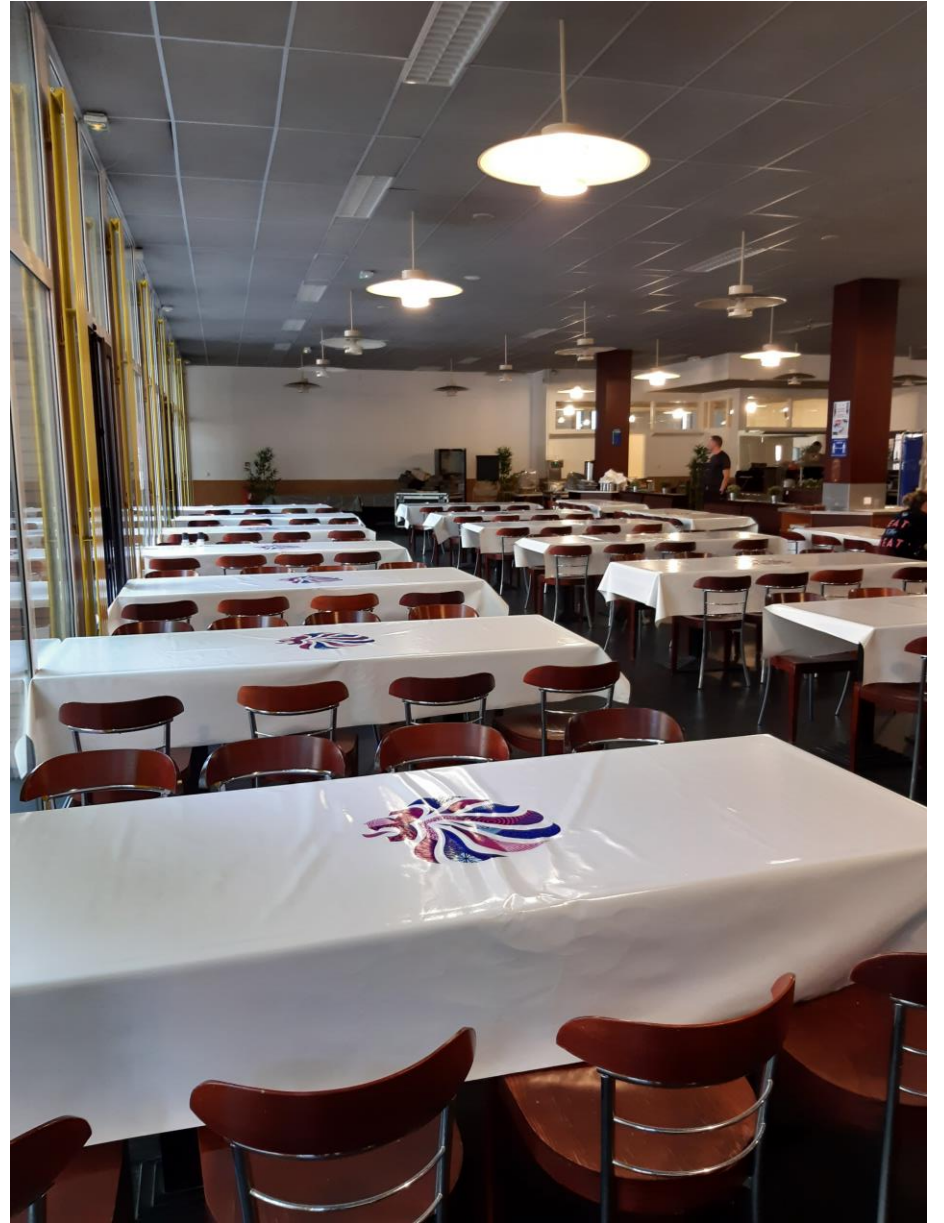


EMERGENCY PLANS



RELATIONSHIPS











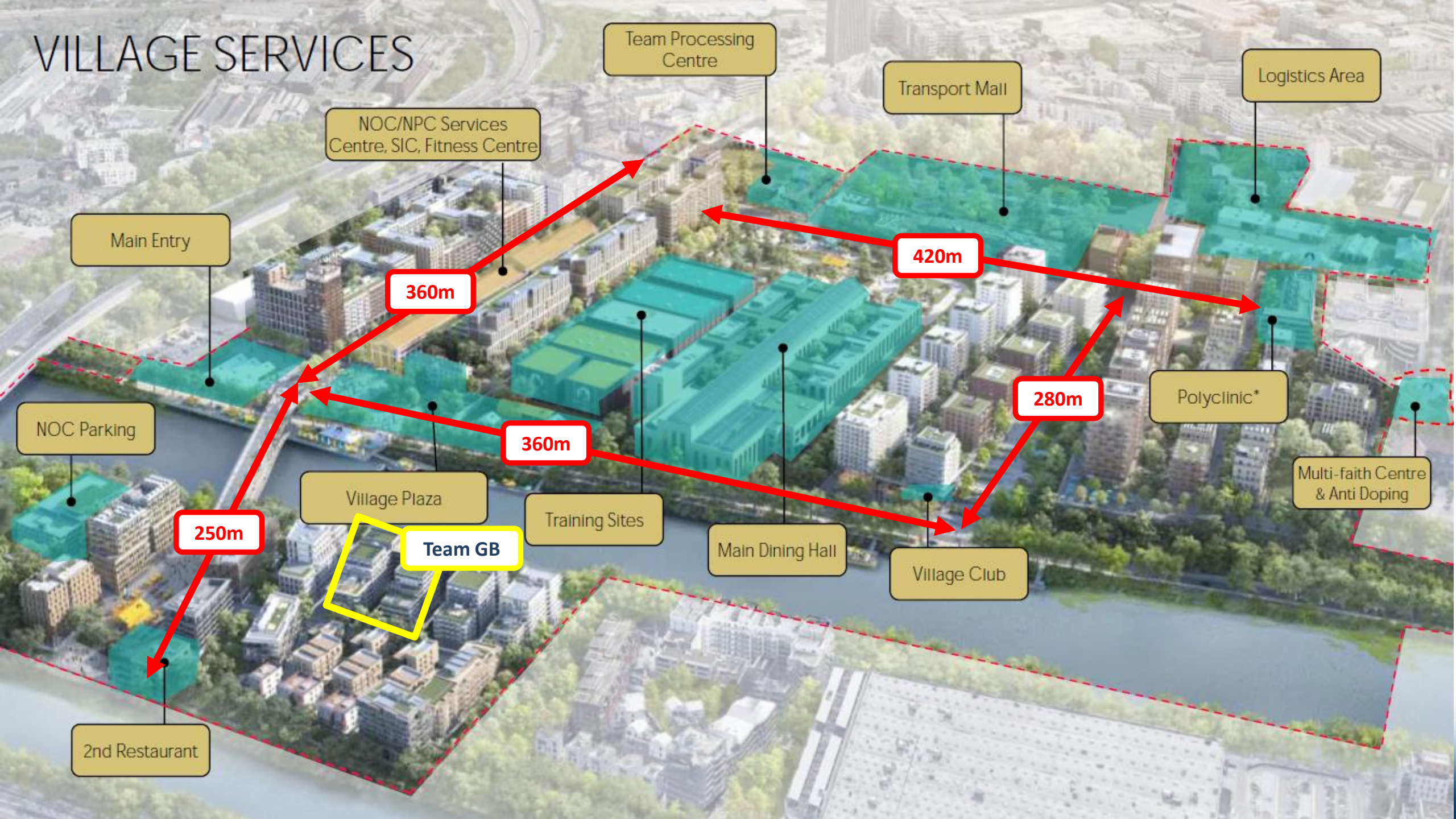
# Bespoke recovery meal service

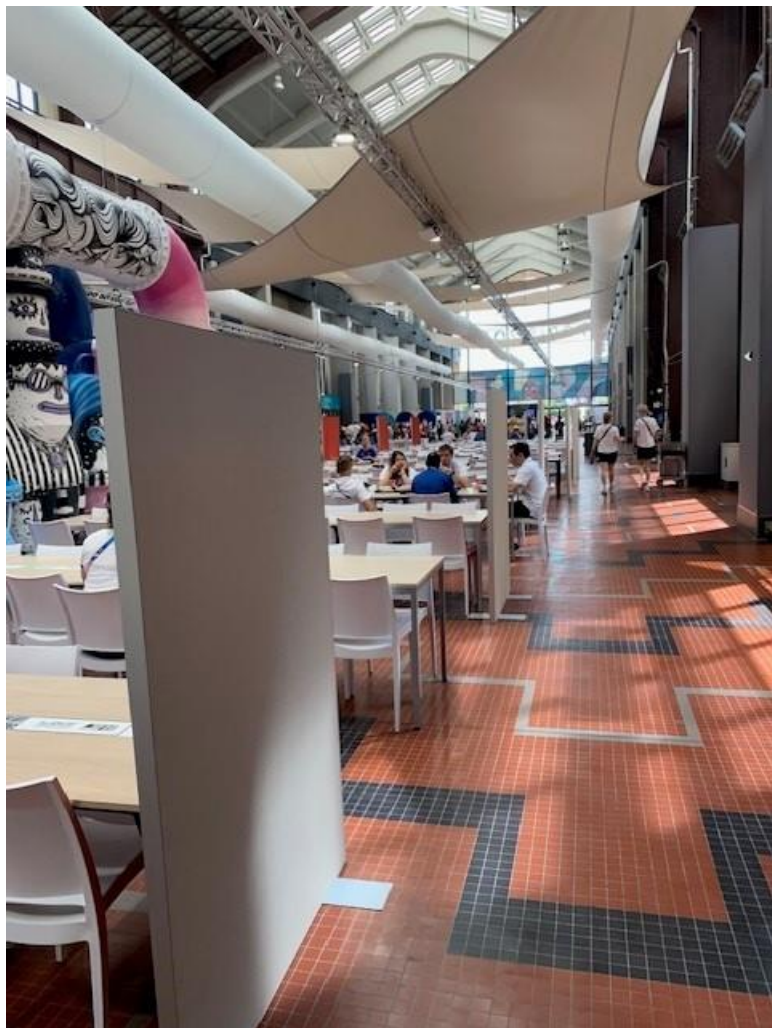


TEAM GB



# VILLAGE SERVICES





### Crêpe sans-gluten Gluten-free pancake

**Allergènes / Allergens**

**Valeurs nutritionnelles / Nutritional value**

	Pour / For	100g	294 Kcal 1231 KJ
<b>Energie</b> Energy			
<b>Graisses totales</b> Total fat			13,5 g
<b>Dont graisse saturée</b> Saturated fat			2,6 g
<b>Glucides</b> Carbohydrates			36,8 g
<b>Dont glucides simples</b> Simple carbohydrates			11,9 g
<b>Protéines</b> Protein			4,8 g
<b>Fibres</b> Fiber			0,0 g
<b>Sel</b> Salt			0,2 g

**Informations supplémentaires / Additional information**

 Veuillez scanner le QR code pour accéder à davantage d'informations.  
Please scan the QR code for more information.

# A day in the life at games time



Daily Performance services/Operational meeting (sports on site, meetings, VIP, tours)

Medical update (reactive referrals, illness updates)

Menu cross check/feedback with allergies onsite (check Epipens and medic onsite)

Kitchen issues....

Bespoke meal orders

Volunteer coordination (snack station, dining room, meal delivery to hotels)

Check in with Team Nutritionist (Paris and UK based)

Athlete consults

## **Lunch service**

VIP tour

PN team check in

Forward plan next day numbers

Swim!

Bespoke recovery meal cross coordination (packing and delivery)

## **Dinner**

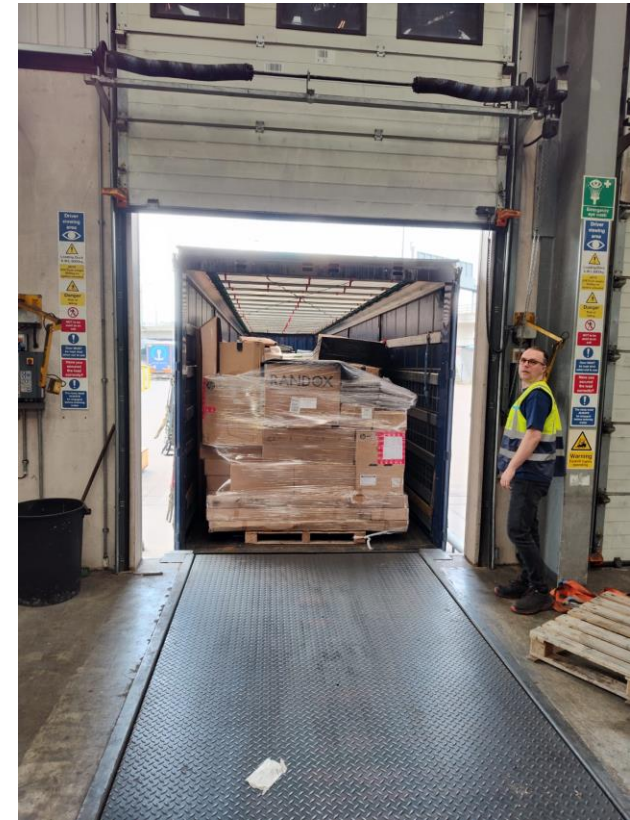
Medical check in

Check my crystal ball for the next day challenges

Sleep!

# A Team reset









PARIS 2024



**Team GB**  
**327 Athletes**  
**65 Medals**  
**7<sup>th</sup> on Medal Table**



PARIS 2024



**ParalympicsGB**  
**215 Athletes**  
**124 Medals**  
**2<sup>nd</sup> on Medal Table**



PARIS 2024



35 Scots selected, 33 competing

13 medals across 6 sports

9 medallists, 4 multi-medallists

*3x 4<sup>th</sup> Place Finishes, 35x Top 8 finishes*

10.4% Team GB, 20% Medals



4

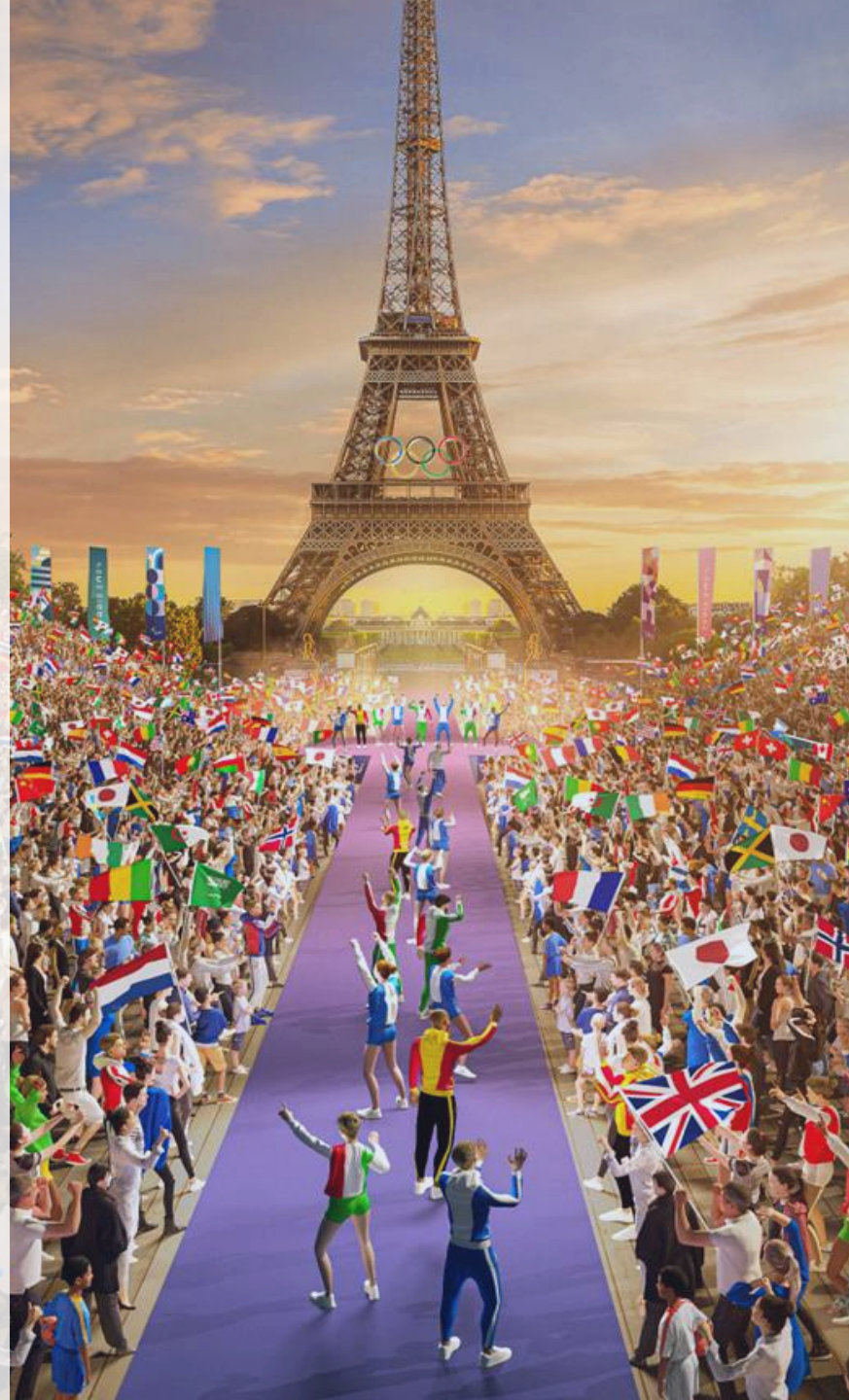
SILVER

3

GOLD

6

BRONZE



PARIS 2024



21 Scots selected across 10 sports

20 medals across 7 sports

11 medallists, 4 multi-medallists

4 x WR, 1 x PR, 1x ER, 2x SR

*5x 4<sup>th</sup> Place Finishes, 43x Top 8 finishes*

9.8% ParalympicsGB, 16.1% Medals



8

SILVER

11

GOLD

1

BRONZE

# Were we successful?

Not just about medals...

- 50% team GB were female
- 9 mothers that competed 7 medalled



TEAM GB





TEAM GB





WORLDWIDE PARTNERS



OFFICIAL PARTNERS



OFFICIAL PROVIDERS/SUPPLIERS



OFFICIAL CHARITY PARTNERS

