

Annex 3 – TEAM MEAL GUIDELINES

(FIBA RESERVES THE RIGHT TO UPDATE THESE MEAL GUIDELINES AT ANY TIME)

Meals shall always be served buffet style and in quantities that are sufficient to accommodate the requirements of professional athletes (average consumption is double than the norm).

Meal providers must be prepared to accommodate teams requiring meals prepared according to cultural dietary requirements, religious guidelines, food allergies and other requirements (e.g. western food, Asian cultures, Halal, Kosher, Gluten Free, Lactose Free etc.).

All meal items must include the English description and indicate if the item is Gluten Free, Lactose Free, Halal, Kosher, contains pork etc. Accurate food descriptions are vitally important to elite athletes.

Meals shall respect the following guidelines:

BREAKFAST

- Beverages: water (bottled), fruit juices (orange, apple, pineapple), milk (regular and non-fat), coffee and tea
- Variety of fresh bread including white and whole wheat (include toasters)
- Pastries including a variety of muffins and croissants
- Assorted dry cereals including corn flakes, rice crisp, coco pops, raisin bran, granola, muesli, all bran etc.
- Butter, different varieties of jam, peanut butter, honey
- Assorted low-fat and regular yogurts
- A variety of sliced cheese
- Eggs (scrambled, fried, hard-boiled)
- Made to order egg omelettes (omelettes station)
- Breakfast sausages (turkey, beef, chicken) – no ham/pork
- Breakfast potatoes (hash browns)
- Cold sliced meats including chicken and beef – pork products should be maintained separate
- Pancakes, Belgian Waffles, French Toast (rotated daily)

- Fruit (pre-cut) strawberries, blueberries, watermelon, peaches, melon etc.
- Fruit (whole) bananas, apples, oranges, grapes

LUNCH AND DINNER

- Beverages: water (bottled), fruit juices (orange, apple, pineapple), milk (regular and non-fat), coffee and tea
- Variety of soups (rotating across meals) – chicken, noodle, minestrone, tomato, rice flour noodle
- Salad bar / lettuce station (rotating across meals) – 3 types of lettuce and a variety of vegetable options, including cherry tomatoes, carrot, onion, red beans, corn, cucumber, bell peppers, beetroot etc. and croutons.
- A variety of dressings including: balsamic vinegar, olive oil, vinaigrette, Caesar, French, Italian, Thousand Island, ketchup "Heinz", Tabasco, etc.
- Selection of minimum 3 main courses as follows, with sauce on the side whenever possible:
 - 2 meat dishes (beef, turkey or chicken – no pork/ham) – grilled, not fried
 - 1 grilled fish dish (salmon or white fish – no bones)
 - Fried and steamed rice
 - Pasta (with sauce always on the side) – spaghetti, ravioli, penne
 - Potatoes – mashed, baked and/or boiled
 - Variety of hot vegetables selection: steamed, grilled, stir fried
 - Assorted cheeses (mozzarella, parmesan, feta etc.)
 - Bread (a variety of white, whole wheat, sliced and rolls)
 - Butter, honey
 - Dessert selection: pies, crème caramel, chocolate mousse, ice-cream, assorted cookies, tiramisu, brownies etc.
 - Fruit (pre-cut and whole fruit) – berries, bananas, apples, oranges, watermelon, grapes etc.

PRE-GAME SNACK (AS APPLICABLE)

- Beverages: water (bottled), fruit juices, coffee and tea
- Whole wheat bread or cookies
- Small sandwiches (cheese/ham etc.)
- Cereal /energy bars
- Peanut or low-fat butter
- Low-fat cheese
- Assorted low-fat and regular yogurts
- Bananas and other fruit

MEAL TIMES

Quality meals must be prepared and guaranteed for all participating teams, regardless of the time of the meal, with meal serving times adjusted to the game, practice and travel schedules (official schedules communicated by FIBA and participating National Federations). Late-night meals need to be planned for.

As a reference and subject to the actual game and practice schedule, during game days meal may be served as below:

- Breakfast 07:00 to 10:30
- Lunch 11:30 to 15:00
- Dinner 19:00 to 24:00

On practice days and travel days, adjustments need to be made to accommodate the needs of the teams.