

MEMO



To: USOC Athletes, Coaches, Staff
From: USOC Sport Nutrition Team
Date: April 28th, 2011
Re: Athlete Advisory – Meat Contamination

This USOC Sport Nutrition memo is a follow up communication regarding the recent USADA Athlete Advisory on meat contamination (issued on April 28th, 2011). Recent media reports have suggested cases of clenbuterol in meat, particularly in Mexico and China²⁻⁴. Clenbuterol is a WADA-banned substance that has been used, often illegally, by farmers to increase lean tissue mass especially in livestock. As described in the “USADA Athlete Advisory memo concerning Meat Contamination”, the risk of a positive doping test from meat contaminated with clenbuterol is remote. Nevertheless, it is important athletes are proactively informed and understand the situation.

USADA urges athletes to take the utmost care and caution while travelling abroad and be aware of the potential for contamination. If possible,

- *Choose foods from a reputable food source*
- *Avoid eating liver or liver derived products while overseas*
- *Avoid eating unusual or exotic meat products*

NUTRITION RECOMMENDATIONS FOR USOC ATHLETES TRAVELING ABROAD

The USOC agrees with USADA’s statement that the risk of encountering clenbuterol-tainted meat and subsequently testing positive in a doping test is extremely small. However, we also realize that athletes want to protect themselves from even the smallest of risks. To further minimize risk, the USOC recommends that athletes and teams travel with alternative protein sources, while limiting the consumption of local meats to small portions.

As a more conservative option, athletes may choose to adopt a vegetarian diet while traveling on shorter trips.

It has to be re-emphasized, that the risk of a positive doping test from consuming animal products abroad is minimal; however, athletes and teams should always be aware that the risk of food-borne illness in some countries is high. Thus, the recommendations, as put forth in this memo, will assist athletes to stay healthy and perform at their best, while minimizing the risk of both clenbuterol contamination and food-borne illness.

In either case, teams that are traveling to foreign countries for extended periods of time may want to consider consulting with a USOC Sport Dietitian prior to travel and/or having a Sport Dietitian travel with the team. Sport dietitians have specialized training in travel nutrition and meal logistics and will help athletes stay healthy and perform optimally while away.

Proper planning and diligence will optimize your stay abroad and ensure success in training and competition. Below is a list of foods that you may carry in your checked bags to countries in question. Some of these foods may require minimal preparation using a hotpot or water boiler (often available in hotels in China).

Protein Items To Pack & Bring With You	
Chicken breast, tuna and salmon pouches, shelf stable tofu*	Meal replacement powders
Low fat beef/turkey jerky	Sport bars –with increased protein content (10-20 g per bar)
Nonfat dried milk	High protein grains like quinoa, amaranth, or brown rice^ (ready to-eat, dehydrated packs)
Nuts^/soy nuts*/natural nut butters	Beans^ (ready-to-eat refried beans, falafel or hummus packs, dried bean soups etc)
Tofu*, tempeh*, saitan*, soy powder, modified vegetable protein	NSF Certified for Sport whey or soy protein supplements: http://www.nsf.org/certified_products.asp

* items available/served in China

^items available/served in China and Mexico

For individual travel nutrition assistance please do not hesitate to contact the USOC Sports Dietitians.

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