



# **RACECOURSE CATERING GUIDELINES:** Minimum Standards (2023)

Contributing to the  
**#JockeyAthleteDiet**

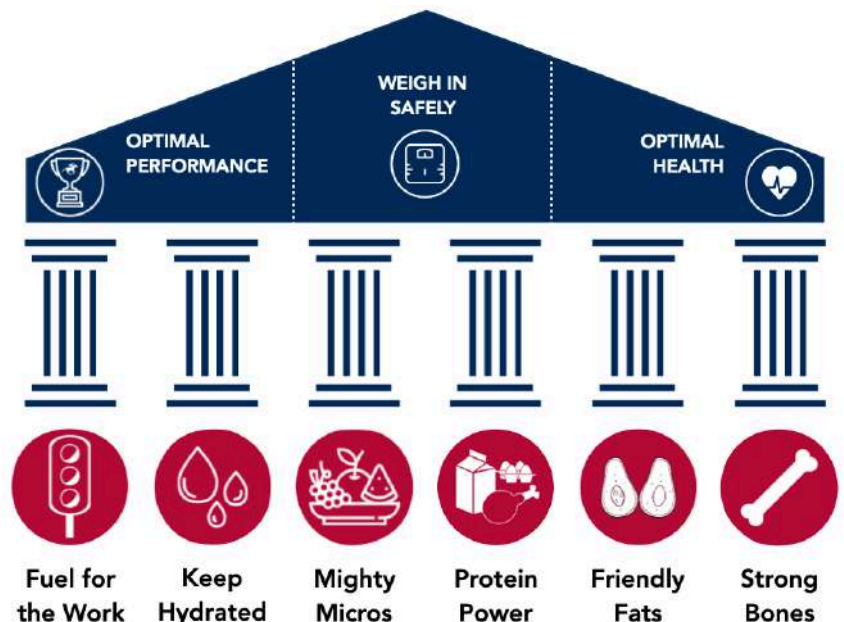
Designed in collaboration between the Professional Jockeys  
Association Nutrition Team, the British Horseracing Authority and  
Liverpool John Moores University



The provision of food for jockeys represents a significant investment for racecourses. This document is designed to assist racecourses and caterers in developing a provision that is favourable to all parties in that:

- it provides a variety of quality, good tasting foods,
- it facilitates health and wellbeing of jockeys,
- it is conducive to the performance and weight-making needs of jockeys,
- is logistically feasible and sustainable by racecourses.

Recent research has indicated a lack of satisfaction amongst jockeys with some of the previous provision. Too much emphasis on quantity over quality, and calorie-dense foods should be replaced with fewer, higher quality foods based around the **‘Six Pillars of Jockey Nutrition’** which is taught to all jockeys during their licensing and apprenticeship period.



Given the amount of time spent at courses by jockeys, for many it represents the most convenient or the most common way to access to food. Research has shown the best way to manage weight is to adhere to a high-protein diet, and modulate carbohydrate intake on a day-by-day basis. To provide the best possible service to jockeys, racecourses should provide a range of protein-rich foods to create the predominant feature of a meal, with suitable carbohydrate and fruit & vegetable based accompaniments.

The following pages provide a list of recommended foods to be present at all race meetings.

# PROTEIN

For weight management jockeys need to enjoy a varied high-protein diet, therefore a selection of protein-based foods need to be made available.

At least **2 x hot** and **5 x cold** options should be available on race days. After race 4, we recommend putting out **2 x takeaway** protein options which are easy to consume in the car.

## HOT

- Cooked Salmon Fillets
- Cod Fillets
- Cooked Chicken
- Whole Roast Chicken
- Chicken Skewers
- Homemade Lean Mince Beef Burgers
- Roast Beef
- Homemade Turkey Meatballs
- Cooked Ham/Gammon
- Chicken Sausages
- Lean Bacon Medallions
- Roast Pork Tenderloin
- Scrambled Eggs
- Ham / Spinach Omelettes



## COLD

- Smoked Salmon Slices
- Cooked Ham / Turkey Slices
- Tuna (in water or brine)
- Biltong
- Boiled Eggs
- Sushi
- Babybel Lights
- Low Fat Mozzarella
- High Protein Yoghurt (Skyr, Arla, Fage 0%)



# CARBOHYDRATES

Wholegrain and natural sources of high fibre carbohydrates should be offered to accompany protein provision. These types of foods increase satiety and prevent hunger.

**1 x hot and 2 x cold options should be made available, of which there should be 1 x finger-based option.**

## HOT

- Salt & Pepper Seasoned Jacket Potato Quarters
- Paprika Seasoned Sweet Potato Wedges
- Roasted Carrots, Parsnips and Sweet Potato
- Porridge with Berry Compote
- Wholemeal Penne Pasta
- Wholemeal / Brown Rice
- Basmati Rice
- Boiled Egg/Rice Noodles



## COLD

- Selection of Brown / Wholemeal Breads
- Flatbreads / Wholemeal Pittas
- Bircher's Muesli
- Malt Loaf / Soreen
- Cereal Bars
- Cold Pesto Pasta Salad
- Homemade Flapjack Bites
- Popcorn / Popchips
- Rice Cakes
- Sushi



# SALAD, VEGETABLES & SIDES

Fruit and vegetables are high in vitamins, minerals, and fibre. It is important that it's fresh and appealing produce is provided to accompany protein provision.

**At least 1 x hot, 3 x cold, 1 x hot vegan/vegetarian specific meal & 1 x seasonal option should be made available.**

## HOT

- Steamed Broccoli\*
- Steamed Carrots\*
- Steamed Green Beans\*
- Boiled/Steamed Peas and Sweetcorn\*
- Roasted Peppers and Red Onion
- Roasted Root Vegetable Mix
- Stir-Fried Vegetables
- Grilled Tomatoes
- [Seasonal] Low Fat Soups (e.g. vegetable, minestrone)
- \*encouraged to be incorporated into hot dishes

## COLD

- Fresh Hummus and Carrot Sticks
- Compound Salad  
(e.g. tabbouleh, Greek salad, parmesan & rocket)
- Individual Salad Components  
(e.g. cucumber, tomatoes, mixed leaf salad)
- Salsa / Chutney
- Selection of Berries (Straw / Blue / Rasp / Black etc.)
- Selection of Fruits (Banana / Apple / Grapes etc.)
- Individual Nut Portions (Graze / Whitworth's)
- [Seasonal] Homemade Smoothie (e.g. mixed berries)



## HOT VEGAN/VEGETARIAN

- Tofu Stir Fry
- Quorn Bolognese
- Mixed Bean Chilli
- Red Lentil Dahl



## DRINKS

Hydration is central to performance and health therefore provision should reflect this with low/zero calorie drink options.

**All of the listed provision should be made available.**

### HOT

Selection of Teas  
Coffee and De-Caffeinated Coffee  
(Bean to cup or Nespresso preferred)  
Hot Water and Lemon



### COLD

Still Water  
Sparkling Water  
Sugar-Free / Diet / Zero Fizzy Drinks  
Flavoured Water (Sugar Free)  
Isotonic Drinks (Lucozade)  
Selection of Sugar Free Cordials  
Skimmed and Semi-Skimmed Milk



## CONDIMENTS & EXTRAS

Extra flavours can make meals more appealing, or allow jockeys who don't want a substantial meal to snack on something.

**A good selection of the listed provision should be made available**

Peanut Butter  
Low Sugar Ketchup  
Lighter Than Light Mayonnaise  
Cheese Selection: Parmesan, Mozzarella, Goats, Babybels  
Seasonal Extras  
Hummus



## SPORTS NUTRITION

Jockeys are professional athletes and where appropriate may benefit from the use of sports nutrition products and supplements\* to enhance performance, hasten recovery, or contribute to health and weight-management.

**A good selection** of the listed provision should be made available

### PROTEIN

Whey Protein Shake (Sachets or Bags/Tubs)  
Casein Protein Shake (Sachets or Bags/Tubs)  
Protein Bars



### ELECTROLYTES

Science in Sport (SiS) GO Hydrate  
Healthspan Elite Activ-Hydrate  
PAS Electrolytes



**\*Any sports nutrition product or supplement must be LGC laboratory tested for banned substances. This means it will contain the Informed Sport logo and feature on the Informed Sport website with corresponding batch number. For more detailed information about this and general information on each product and where to purchase, see Appendix 2.**



# TAKEAWAY OPTIONS

## WHAT'S REQUIRED

Many jockeys won't consume much food whilst racing and will often have a long journey ahead of them. This often leads to jockeys stopping off at service stations or fast food outlets. However, if racecourses can provide some high quality takeaway options, which are suitable to eat in the car, it will reduce a jockeys exposure to poor food choices post-races.

**A good selection of the listed provision should be made available alongside suitable takeaway containers**



**HIGH PROTEIN SNACKS**



**CHICKEN SKEWERS**  
(E.G. SUNDRIED TOMATO)



**SWEET POTATO WEDGES**



**SUSHI SELECTION**



**FRUIT POTS**  
(E.G. BERRIES, PINEAPPLE)



**HEALTHY WRAPS**  
(E.G. TUNA MAYO SALAD)



**HEALTHY TOASTIES**  
(E.G. CHICKEN PESTO)



**HEALTHY CHICKEN GOUJONS**



**GYOZAS**  
(E.G. CHICKEN OR PRAWN)



# FAVOURITES MENU

## WHAT DO JOCKEYS LOVE

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**HEALTHY CHICKEN GOUJONS**  
(MIDDLE OF MUSCLE MEAT;  
BAKED OR AIR FRIED)



**HOMEMADE SOUP**  
(ESPECIALLY IN WINTER/COLD  
MONTHS)



**GOOD QUALITY COFFEE**  
(NESPRESSO OR BEAN TO CUP)



**COOKED TO ORDER MINUTE  
STEAKS / OMELETTES**



**LEAN BURGER SLIDERS**  
(5% FAT BEEF MINCE)



**INDIVIDUAL PORTIONED FOOD**  
(HEALTHY TACOS / BAO BUNS)

The food environment can have a large impact on the experience and consequential uptake of food from the jockeys. This contributes to reduced wastage alongside more jockeys consuming the right foods. By applying the FRESH principles you will score highly during the audit.



### **Best Food Front & Centre**

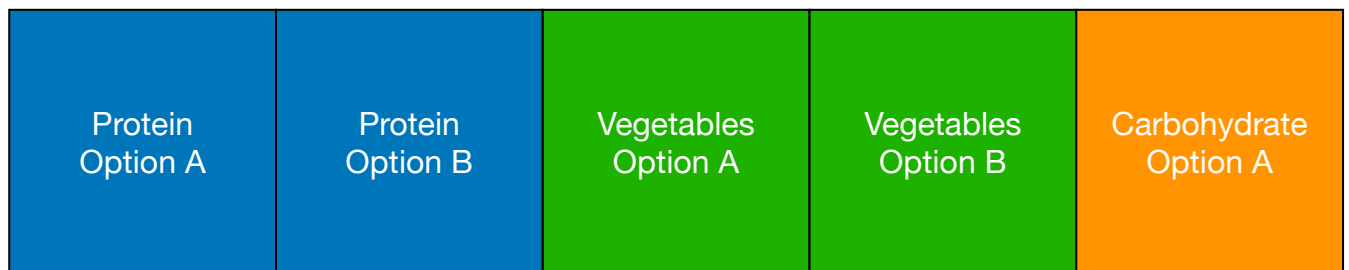
Placing the best food options in the middle of the serving area or hotplate will promote the right food options to the jockeys. The same goes for table snacks where we encourage platters of fruit to be in clear eyesight and conversely, making the sweets and confectionary less obvious.

### **Protein, Veg, Carb - in that order.**

Research shows to place healthy food choices first (on the left), with less desirable foods furthest right. To promote the best chance of jockeys consuming the best plate of food, place hotplate food in the order PVC.

Proteins - Vegetables - Carbohydrates.

### **Example hotplate layout:**



### **Nutritional Information**

Better food choices are made when the nutritional value of foods are present with them. A simple card stating the kcal's per serving, and amount of protein, carbohydrates and fats in grams should be clearly displayed next to each food. See appendix D for an example.

## PJA NUTRITION TEAM

The PJA have a dedicated Nutrition Team who are able to assist your racecourse in:

1. Menu Design
2. Recipe Ideas
3. Catering Layout, and
4. Staff Education / CPD in weight-making, the jockey lifestyle, and performance nutrition



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## KEEPING THE STANDARDS UP

The PJA and its Nutrition Team will carry out informal audits of provision during race meetings throughout the year. These are supportive and designed to recognise and celebrate good practice, whilst identifying courses where further support from the Nutrition Team would be beneficial.

Provision will be considered against the criteria sheet below with rankings as follow:

- < 40 - Support from Nutrition Team Required
- 40 - 59 - Bronze Award
- 60 - 79 - Silver Award
- > 80 - Gold Award

BRONZE	40 - 59
SILVER	60 - 79
GOLD	80+
<b>TOTAL</b>	<b>/100</b>

CRITERIA		PROVISION SCORE
<b>SCORING</b>		
0 - NONE / NO PROVISION		
1 - BASIC PROVISION		
2 - GOOD PROVISION		
3 - EXCELLENT PROVISION		
<b>PROTEIN PROVISION</b>		
1	One High Quality Hot Meat or Fish Option <i>(e.g. salmon fillet, chicken breast; does not include processed meats such as nuggets / sausages)</i>	/3
2	Second Hot Meat or Fish Option	/3
3	Selection of Cold Meats and Fish <i>(e.g. ham/turkey slices, tuna)</i>	/3
4	High Protein Yoghurts <i>(e.g. Greek, Skyr, Liberte, Fage 0%)</i>	
5	Selection of Take-Away Protein Foods <i>(e.g. protein yoghurt pouches, wraps, chicken skewers, sushi; for consumption in the car)</i>	
<b>CARBOHYDRATE PROVISION</b>		
6	One Hot Complex Carbohydrate Side Dish <i>(e.g. wholemeal rice/pasta, noodles)</i>	
7	One Finger-Food Carbohydrate Option <i>(e.g. homemade sweet potato wedges, sushi)</i>	
8	High Quality Sandwiches or Wraps <i>(e.g. wholemeal/multigrain breads, low fat mayo, meat/ fish filling, salad filling)</i>	
9	Multiple Carbohydrate Snack Options <i>(e.g. homemade flapjack bites, soren / malt loaf loaves, popcorn, cereal bars)</i>	
10	Individually Bagged Confectionary <i>(e.g. 16g haribo treat size bags in a cabinet or display unit, not in a bowl)</i>	
<b>SPORTS NUTRITION &amp; SUPPLEMENTS PROVISION</b>		
28	Whey or Casein Protein <i>(e.g. sachets, powders, protein bars or shake &amp; takes)</i>	/3
29	Electrolytes <i>(e.g. tablets or sachets; low/zero calories)</i>	/1
<b>GENERAL CATERING PROVISION</b>		
30	Access to food at least 45mins Prior to Race 1	/1
31	Access to Food for at Least 45mins Post Last Race	/1
32	Access to Takeaway Boxes	/1
33	Food was Served Under Hygienic Conditions	/1
<b>FOOD AVAILABILITY &amp; ENVIRONMENT</b>		
34	Food was Kept Fresh and Replenished Regularly <i>(e.g. foods replenished before becoming dry or every 1-2h)</i>	/3
35	Food Environment was Positive <i>(e.g. food was easily accessible, the food was well presented and food options were clear to see)</i>	/3
36	Food Tasted Good <i>(e.g. use of high quality ingredients, not too oily or fatty)</i>	/3
37	Menu & Food Item Cards Available <i>(e.g. including a nutritional breakdown)</i>	/3

# APPENDIX A

## EXAMPLE MENU PLAN A

### PROTEIN

#### Hot

Cooked Salmon Fillets with Lemon Wedge  
Chicken Skewers with a Mild Tikka Marinade

#### Cold

Cooked Ham / Turkey Slices  
Tuna (in water or brine)  
Boiled Eggs  
Low Fat Mozzarella Balls  
High Protein Yoghurts (Skyr, Liberte, Fage 0%)  
Takeaway Protein Options (Sushi / Skewers)

### SIDES, VEGETABLES & SALAD

#### Hot

Steamed Broccoli  
Steamed Carrots  
Vegetarian or Vegan Main Option

#### Cold

Fresh Hummus and Carrot Sticks  
Parmesan Cheese and Rocket Salad  
Selection of Cheeses  
Seasonal Extra  
(Winter - Soup; Summer - Smoothies)  
Selection of Berries  
(Straw / Blue / Rasp / Black etc.)  
Fresh Chopped Fruit Selection  
(Banana / Apple / Grapes etc.)

### CONDIMENTS & EXTRAS

Peanut Butter  
Low Sugar Ketchup  
Lighter Than Light Mayonnaise  
Individual Mixed Nuts

#### TIP

**THIS MENU GIVES YOU THE FOOD PROVISION TO POTENTIALLY SCORE A GOLD WHEN MEASURED AGAINST THE AUDIT SHEET**

### DRINKS

#### Hot

Selection of Teas  
Coffee and De-Caffeinated Coffee  
Hot Water and Lemon

#### Cold

Still Water  
Sparkling Water  
Selection of Sugar Free Cordials  
Skimmed and Semi-Skimmed Milk

### CARBOHYDRATES

#### Hot

Paprika Seasoned Sweet Potato Wedges  
Wholemeal Rice

#### Cold

Selection of Brown / Wholemeal Breads  
Selection of High Quality Sandwiches / Wraps  
Malt Loaf  
Cold Pesto Pasta Salad  
Rice Cakes

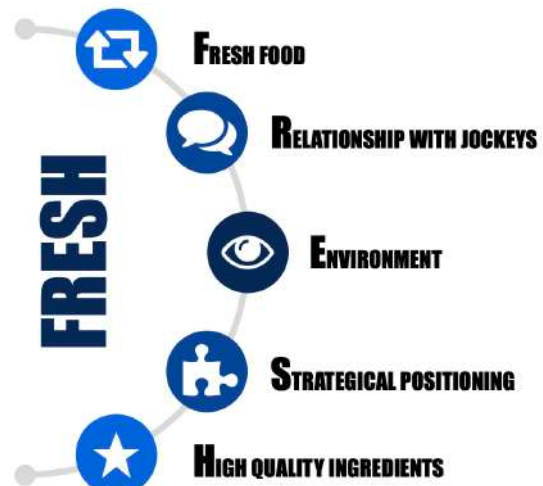
### SPORTS NUTRITION

#### Protein

SiS Whey Protein Sachets

#### Electrolytes

Healthspan Elite Activ Hydrate



# APPENDIX A

## EXAMPLE MENU PLAN B

### PROTEIN

#### Hot

Cooked Chickens (whole)  
Roast Ham/Gammon Joint

#### Cold

Cooked Ham / Turkey Slices  
Boiled Eggs  
High Protein Yoghurts (Skyr, Liberte, Fage 0%)

### CONDIMENTS & EXTRAS

Low Sugar Ketchup  
Lighter Than Light Mayonnaise  
Cheese Board

### SIDES, VEGETABLES & SALAD

#### Hot

Steamed Green Beans

#### Cold

Fresh Hummus and Carrot Sticks  
Parmesan Cheese and Rocket Salad  
Selection of Fruits  
(Banana / Apple / Grapes etc.)

### CARBOHYDRATES

#### Hot

Roasted Carrot, Parsnip and Sweet Potato Cubes  
Porridge and Berry Compote/Jam

#### Cold

Selection of Brown / Wholemeal Breads  
Cold Pesto Pasta Salad

### DRINKS

#### Hot

Selection of Teas  
Coffee and De-Caffeinated Coffee  
Hot Water and Lemon

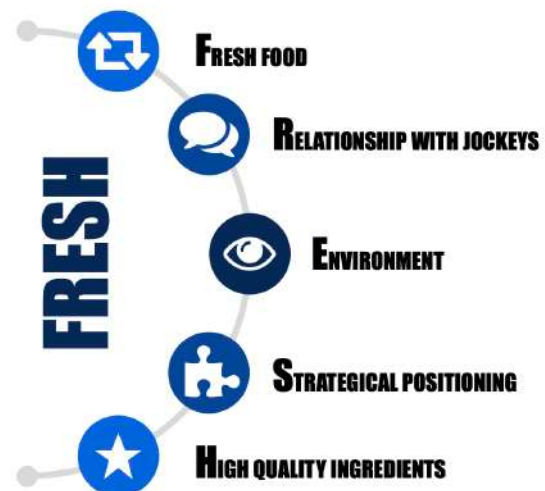
#### Cold

Still Water  
Sparkling Water  
Selection of Sugar Free Cordials  
Skimmed and Semi-Skimmed Milk

### SPORTS NUTRITION

#### Electrolytes

Healthspan Elite Activ Hydrate



#### TIP

**THIS MENU GIVES YOU THE FOOD PROVISION TO POTENTIALLY SCORE A SILVER AWARD WHEN MEASURED AGAINST THE AUDIT SHEET**



### ELECTROLYTES

#### HEALTHSPAN ELITE ACTIV HYDRATE or SIS GO HYDRATE

Effervescent tabs containing essential minerals lost through sweating, including Sodium for rehydration, Calcium to support bone health, and Vitamin C to support immune function.

Mix one tab with 500ml water.

Healthspan Elite code: **HEAMBDM** for 25% off

SiS Discount Code: **SISELITEVIP** for 40% off

	SiS Go Hydrate	Isotonic Sports Drink (e.g. Lucozade)
Kcals	8	140
Sugar (g)	2	32.5
Calcium Content (mg)	102	0
Vitamin C (mg)	200	0
Cost per Serving (wholesale)	£0.17	£0.75

Available from: <https://www.healthspanelite.co.uk/shop/elite-activ-hydrate/citrus-twist-flavour-40-tablets/>

Available from: <https://www.scienceinsport.com/shop-by-need/hydration/go-hydro-hydration-tablets/sis-hydro-tablets-pack>

### PROTEIN

#### NUTRITIONX WHEY PROTEIN

Available in large bag (60 servings) or as 'shake and take' (1 serving bottles). Mix with water or milk. Use the code **NXJOCKEY** for a 25% trade discount when bought via the website.

Cost per serving: £0.82



Available from: <https://www.nutritionx.co.uk/big-whey-protein-powder>

Available from: <https://www.nutritionx.co.uk/big-whey-shake-and-take-protein-powder>



## SPORTS NUTRITION PRODUCTS

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**SPORT**



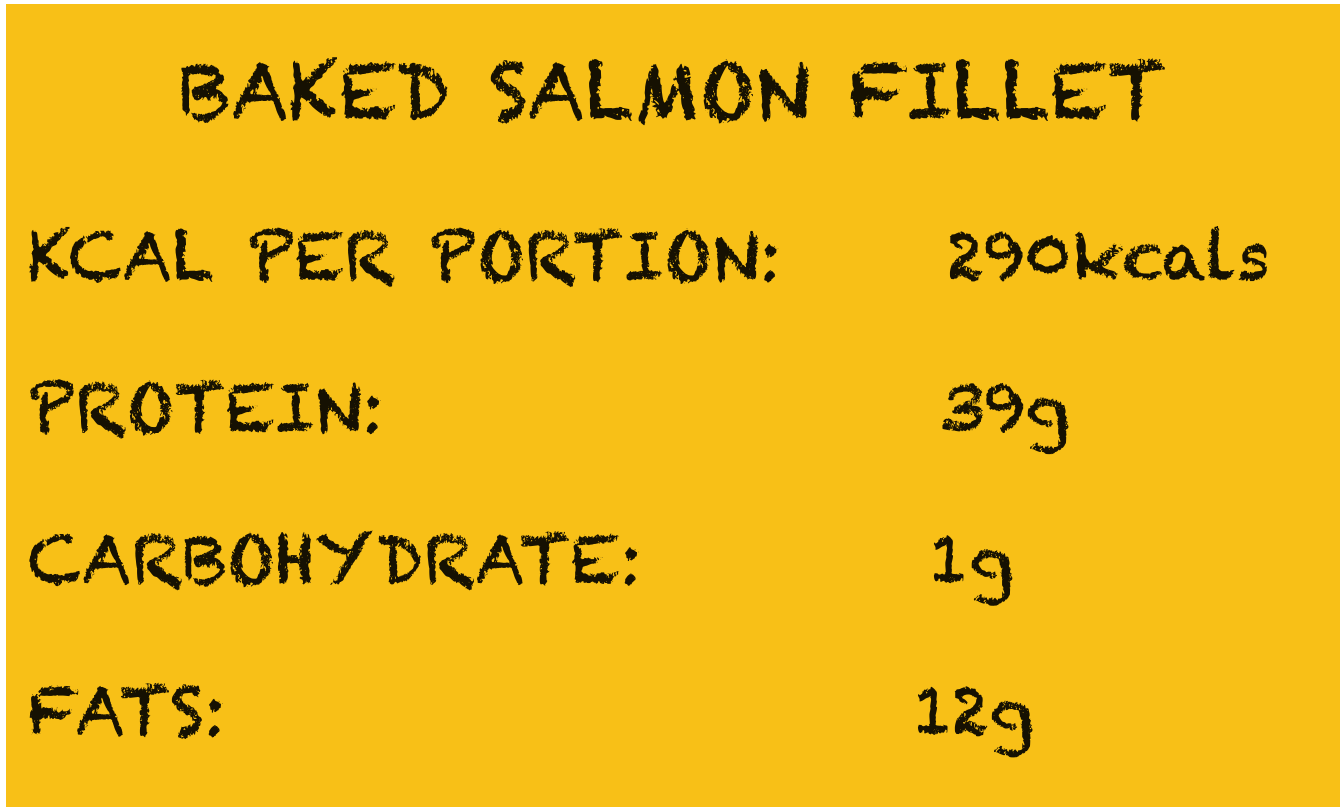
It is important that any supplements you supply have undergone ‘batch-testing’ at the LGC Laboratory, and subsequently contain the Informed Sport logo and come with a batch-testing certificate once purchased. The product should also feature on the Informed Sport website with corresponding batch number.

Informed-Sport is a global quality assurance program for sports nutrition products, suppliers to the sports nutrition industry, and supplement manufacturing facilities. The program certifies that every batch of a supplement product and/or raw material that bears the Informed-Sport logo has been tested for banned substances.

**All the products and suppliers suggested comply with Informed Sport.**

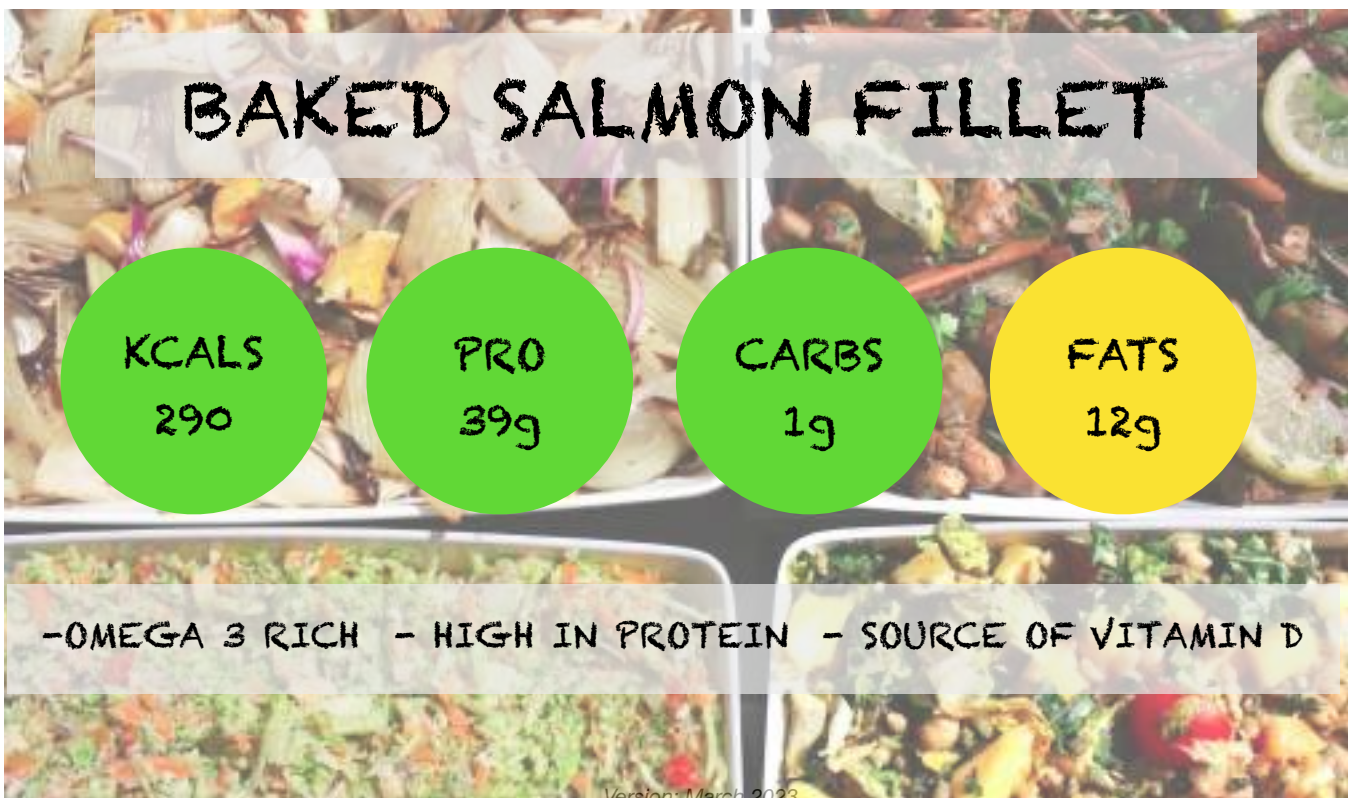
## NUTRITIONAL INFORMATION

Nutritional information cards such as the examples below should be displayed near each of the foods on offer:



**BAKED SALMON FILLET**

KCAL PER PORTION:	290kcal
PROTEIN:	39g
CARBOHYDRATE:	1g
FATS:	12g



**BAKED SALMON FILLET**

KCAL 290	PRO 39g	CARBS 1g	FATS 12g
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-OMEGA 3 RICH - HIGH IN PROTEIN - SOURCE OF VITAMIN D

Version: March 2023

## NUTRITIONAL INFORMATION

### SWEET POTATO WEDGES

(2 WEDGES)

KCALs

163

PRO

4g

CARBS

37g

FATS

0.5g

-HIGH IN FIBRE - GOOD CARB SOURCE - LOW IN FAT

WEDGES AND BAKED FISH ARE PERFECTLY HEALTHY TAKE ON THE  
CLASSIC 'FISH & CHIPS'

### COOKED TURKEY BREAST

(3 slices)

KCALs

90

PRO

18g

CARBS

1.5g

FATS

1.5g

-LOW CALORIE - HIGH IN PROTEIN - LOW IN FAT

Did you know: Turkey contains 'Tryptophan', a substance that  
helps us sleep - a great snack before bed!

# APPENDIX E

## EDUCATIONAL MATERIAL

Consistent reinforcement of the key messages relating to jockey athlete lifestyle, welfare, and nutrition is important. Racecourses can facilitate this through showcasing educational material such as posters or leaflets within the weighing room. Poster campaigns such as the #JockeyAthleteDiet are industry-wide initiatives and cooperation from racecourses further strengthens the power of the initiatives and influence they can have.



The PJA Nutrition Team (sometimes in collaboration with the BHA and/or LJM) will send education material to racecourses and is requested that these be clearly displayed for jockeys to see when in attendance at your racecourse. Some will provide specific details of where to display, such as in the toilet, sauna, or eating area.

# APPENDIX F

## CATERING AUDIT SHEETS

### SCORING

0 - NONE / NO PROVISION  
 1 - BASIC PROVISION  
 2 - GOOD PROVISION  
 3 - EXCELLENT PROVISION

CRITERIA		CRITERIA GUIDANCE	PROVISION SCORE
<b>PROTEIN PROVISION</b>			
1	One High Quality Hot Meat or Fish Option <i>(e.g. salmon fillet, chicken breast; does not include processed meats such as nuggets/ sausages)</i>	1 = low quality meat or fish (processed/fatty) - e.g. sausages, fried/frozen chicken nuggets  2 = medium quality meat or fish (fried / cooked in fat) - e.g. made from fresh nuggets, large vats of curry / wet dish in sauce	/3
2	Second Hot Meat or Fish Option	3 = high quality meat or fish (lean & baked/roasted) - e.g. cooked chicken, cooked joint, baked salmon pieces, baked seabass, minute steaks, omelettes, breaded & baked fish or chicken goujons,	/3
3	Selection of Cold Meats and Fish <i>(e.g. ham/turkey slices, tuna)</i>	1 = low quality meat/fish, poor selection (thin watery processed ham, minimal options)  2 = good quality meat/fish but minimal options  3 = higher quality meat/fish and multiple options (thick ham, smoked salmon)	/3
4	High Protein Yoghurts <i>(e.g. Greek, Skyr, Liberte, Fage 0%)</i>	1 = lower protein yoghurts (below 10g per pot)  2 = one high protein option  3 = multiple high protein yoghurts + pouches	/3
5	Selection of Take-Away Protein Foods <i>(e.g. protein yoghurt pouches, wraps, chicken skewers, sushi; for consumption in the car)</i>	1 = one takeaway protein option available  2 = multiple takeaway protein options (low quality; unappetising wraps)  3 = multiple takeaway protein options (high quality)	/3
<b>CARBOHYDRATE PROVISION</b>			
6	One Hot Complex Carbohydrate Side Dish <i>(e.g. wholemeal rice/pasta, noodles)</i>	1 = Pasta/rice/potato + high fat sauce (e.g. creamy pasta)  2 = Pasta/rice/potato with low fat sauce (e.g. arrabbiata) or just plain, seasoned.  3 = Pasta/rice/potato with vegetables blended/mixed into sauce (e.g. roasted red pepper & tomato)	/3
7	One Finger-Food Carbohydrate Option <i>(e.g. homemade sweet potato wedges, sushi)</i>	1 = High fat, high salt, low quality (e.g. frozen/fried chips, sweet potato fries)  2 = Better quality and more appealing (e.g. paninis, potato skins)  3 = Good cooking method & appealing (e.g. sushi, homemade wedges)	/3

8	High Quality Sandwiches or Wraps (e.g. wholemeal/multigrain breads, low fat mayo, meat/fish filling, salad filling)	1 = Low protein, high fat, poor filling, poor selection 2 = Good selection or high quality 3 = Good selection and high quality; protein + salad	/3
9	Multiple Carbohydrate Snack Options (e.g. homemade flapjack bites, soren / malt loaf loaves, popcorn, cereal bars)	1 = Poor selection & poor quality; e.g. sweets only 2 = Better selection, low quality bars/snacks (e.g. flapjacks, cereal bars) 3 = Good selection including homemade (e.g. banana loaf, malt loaf, granola bites)	/3
10	Individually Bagged Confectionary (e.g. 16g haribo treat size bags in a cabinet or display unit, not in a bowl)	0 = Open sweets bowl placed on jockey coffee table 1 = placed in container or cabinet, or individual packets	/1
<b>SALAD, VEGETABLES &amp; SIDES PROVISION</b>			
11	Vegetarian (or Vegan) Hot Food Option (3-4 portions only)	1 = Token effort. Low protein, low quality, low appeal. 2 = good protein with appeal 3 = high protein, good quality, good appeal	/3
12	One Hot Vegetable Option (E.g. mixed carrots & veg; encouraged to be incorporated into main hot dish)	1 = Low appeal, e.g. boiled veg 2 = better appeal, e.g. separate serving dish, garnish 3 = good quality and integrated into hot dish	/3
13	Fresh Compound Side Salad or Selection of Individual Salad Components (E.g. tabbouleh, pasta salad or cucumbers/tomatoes etc.)	1 = Lack of choice and low appeal (e.g. leaves only) 2 = Good quality salad selection, multiple components 3 = High quality salad options, high protein, fresh, appealing	/3
14	Fresh Berries (E.g. strawberries, blueberries, raspberries)	1 = Poor berry selection, poor quality or cold berry compote, unappealing 2 = Good quality berries mixed within wider fruit platter 3 = Standalone fresh berry platter / individual pots	/3
15	Fresh Chopped Fruit Selection (E.g. melon, apple, pineapple fingers, grapes)	1 = Whole, un-chopped fruits available 2 = Chopped fruit, tinned, sat in juice 3 = Good selection of freshly chopped fruits	/3
16	Low Sugar/Calorie Condiments (e.g. ketchup, mayonnaise etc.)	1 = Normal condiments, non 'light' or 'low fat' versions 2 = mixed options of light / normal condiments 3 = Good selection of low sugar condiments (e.g. lighter than light mayo, low fat salad cream, ketchup)	/3
17	Individual Mixed Nuts (e.g. Graze pots, Whitworth shots, Wyldsson; individually packaged & ideally unsalted)	1 = Salted or roasted in large bowls 2 = Natural nuts, unsalted, good selection 3 = Individually packaged 'flavour nuts' - e.g. Graze, Whitworth shots, Wyldsson tubes	/3

18	<b>Selection of Cheeses</b> (e.g. low fat mozzarella, individually wrapped cheeses such as babybels)	1 = poor selection, low quality cheeses (high fat hard cheeses only cheddar/red Leicester)  2 = Good selection, with some lower fat options (e.g. mozzarella mini balls)  3 = Good selection, individually wrapped cheeses (e.g. babybell, cheese string)	/3
19	<b>Seasonal Extra</b> (e.g. Autumn/Winter - Soup; Spring/Summer - Smoothie)	1 = Low quality, ready-made or tinned soup/salad  2 = High quality freshly made soup but mod-high fat  3 = High quality freshly made soup with blended vegetables or protein (e.g. spiced carrot, parsnip, roast chicken)	/3
<b>DRINKS PROVISION</b>			
20	<b>Selection of Teas</b> (e.g. breakfast tea, green tea, herbal teas)	1 = Breakfast tea only  2 = Breakfast tea + green tea  3 = Good selection of herbal, breakfast & green teas	/3
21	<b>Coffee &amp; De-caffeinated Coffee</b>	1 = Instant Coffee Only  2 = Filter Coffee  3 = Bean to Cup or Nespresso / Pods	/3
22	<b>Hot Water and Lemon Slices</b>		/1
23	<b>Still Bottled Water</b>		/1
24	<b>Sparkling Bottled Water</b>		/1
25	<b>Selection of Sugar-Free Cordials</b>		/1
26	<b>Selection of Milks</b> (e.g. skimmed, semi skimmed, soya; available for teas/coffees & general consumption)	1 = Only cow's milk available  2 = Cow's milk + high calorie alternatives (e.g. oat)  3 = Good selection of high protein + lower kcal alternatives & cow's milk	/3
27	<b>Hypertonic / Isotonic Drinks</b> (e.g. Lucozade Sport, Lucozade Energy, Red Bull, Gatorade)	1 = One high sugar sports drink only (e.g. Lucozade)  2 = Multiple flavours or 'light' options available also  3 = Multiple flavours and options available	/3
<b>SPORTS NUTRITION &amp; SUPPLEMENTS PROVISION</b>			
28	<b>Whey or Casein Protein</b> (e.g. sachets, powders, protein bars or shake & takes)	1 = Bag or tub of whey/casein protein  2 = Bag or tub as well as protein bars  3 = Shake & takes, protein bars and other protein products	/3
29	<b>Electrolytes</b> (e.g. tablets or sachets; low/zero calories)	1 = e.g. SiS Hydro Tabs / PAS electrolyte sachets	/1
<b>GENERAL CATERING PROVISION</b>			
30	<b>Access to food at least 45mins Prior to Race 1</b>		/1
31	<b>Access to Food for at Least 45mins Post Last Race</b>		/1
32	<b>Access to Takeaway Boxes</b>	1 = Clear access to takeaway boxes & cutlery encouraging jockeys to take food home	/1

33	Food was Served Under Hygienic Conditions		/1
<b>FOOD AVAILABILITY &amp; ENVIRONMENT</b>			
34	Food was Kept Fresh and Replenished Regularly <i>(e.g. foods replenished before becoming dry or every 1-2h)</i>	1 = Foods are dried out and not replenished frequently 2 = Food retained freshness but was not replenished frequently 3 = Food replenished frequently and retained freshness	/3
35	Food Environment was Positive <i>(e.g. food was easily accessible, the food was well presented and food options were clear to see)</i>	1 = Food covered, no access to plates, not appealing 2 = Food covered but appealing 3 = Food well presented/ garnished, easily accessible	/3
36	Food Tasted Good <i>(e.g. use of high quality ingredients, not too oily or fatty)</i>	1 = Generally too oily or fatty 2 = Generally good taste but cooking methods / fat content too high. 3 = Good taste and high quality performance food	/3
37	Menu & Food Item Cards Available <i>(e.g. including a nutritional breakdown)</i>	1 = Menu tucked away or unclear what's what 2 = Menu present but no nutritional breakdown 3 = Nutritional breakdown, in front of said foods and clear menu cards	/3
38	Foods were Strategically Positioned in the Environment <i>(e.g. fruit platters presented on tables, less optimal choices hidden or tucked away)</i>	1 = Preferred choices although available, not obvious or out of sight. Poor foods promoted the most. 2 = Preferred choices placed on tables (where applicable; e.g. fruit platters on tables) 3 = Preferred choices placed on tables or around 'hot spots' and less preferred options hidden from view	/3
39	Food-to-Order was Available <i>(e.g. omelettes, minute steaks, wraps, or stir fries)</i>	1 = Wraps or sandwiches made to order 2 = Paninis or other hot dishes warmed to order 3 = Customisable, higher protein dishes made to order	/3
40	There was a good relationship between caterer and jockeys <i>(e.g. support with any dietary preferences/ restrictions, understanding of the jockeys present at the meet)</i>	1 = Inconsistent or random person. Little/no understanding of the jockeys dietary requirements 2 = Basic or developing understanding of jockeys dietary requirements 3 = Same person at most/ every meeting. Positive food relationship with jockeys who promote the right options	/3
<b>BRONZE</b>			<b>40 - 59</b>
<b>SILVER</b>			<b>60 - 79</b>
<b>GOLD</b>			<b>80+</b>
<b>TOTAL</b>		<b>AWARD:</b>	<b>/100</b>