



Guidelines for Gymnastics Food Peace Belongs to Every Gymnast

- There is no single correct gymnast's plate model. Flexible eating that allows spontaneity supports sufficient energy intake. Athlete's plate models, that recognise the different training loads on different training days, can be used as a guideline. Plate models provide a base to varied eating that ensures meeting the nutrient requirements.
- We ensure food peace in gymnastics. This means that each gymnast is allowed to use their own judgement and make their own choices during mealtimes. Mealtime is not the best time to comment or express a concern over someone's eating. Keep in mind that single food choices do not always provide an accurate reflection of a person's eating habits.
- Speaking about nutrition and food should be a part of our activities. We guide and encourage athletes to sufficient and varied eating. We pay attention to the principles of responsible body and food dialogue: we allow for enough time for eating on camps etc. and we act in a supportive and encouraging manner. When addressing a concern we respect confidentiality and create a safe space for individual discussions.
- If there is a concern about a gymnast's nutrition or well-being, we will address it. When talking about nutrition and dietary practises it should always take place in a climate of trust and confidence, and in a safe space. It is encouraged to seek external expertise when tackling possible problems.



TERVE VOIMISTELIJA