



An introduction to the **KITCHEN** at NIH



NORDJYLLANDS
IDRÆTSHØJSKOLE

The dining hall is the place where students, staff and guests of the house eat meals. The kitchen makes food for the students, for seminars, meetings and other events at the school.

The kitchen staff works according to the following basic principles:

- Tasty, well-balanced wholesome meals.
- Inspiring and balanced food.
- Fresh raw materials.
- Always home-made bread.
- Vegetables at all meals.
- The vegetables in season are given a high priority.
- Optional vegetarian food.
- Optional dietetic food – however, ONLY according to doctor's instructions.
- The food is Danish, but with all due respect for food habits of other cultures.
- We are always open towards new recipes and input to the menu.
Please email to lone@nih.dk.

The daily meals at NIH are as follows:

Breakfast: buffet 07.15-07.45	Rye bread, white bread, butter, cheese, jam, liver paste, slices of meat, fruit, 2 kinds of milk, junket, A38, juice, coffee/tea, cornflakes, oatmeal, muesli, oatmeal porridge.
Lunch: buffet 12.00	2 hot dishes, 2 kinds of fish, egg, liver paste, slices of meat, cheese, bread, salad buffet, and water.
Dinner: buffet 17.30-18.15	1 hot meal with potatoes, paste or rice, vegetables/salad buffet, bread. Water. Approx. 2 times a week a 2-course meal is served.
Between meals:	Before noon: Fresh-baked bread. In the afternoon: Fruit and carrots. In the evening: 2-3 times a week cake or fruit.
Weekends:	Brunch: Buffet from 10 am to 11 am. In the afternoon: Bread, cheese, coffee/tea and juice. Dinner: hot meal at 5.30 pm. Evening coffee and cake.



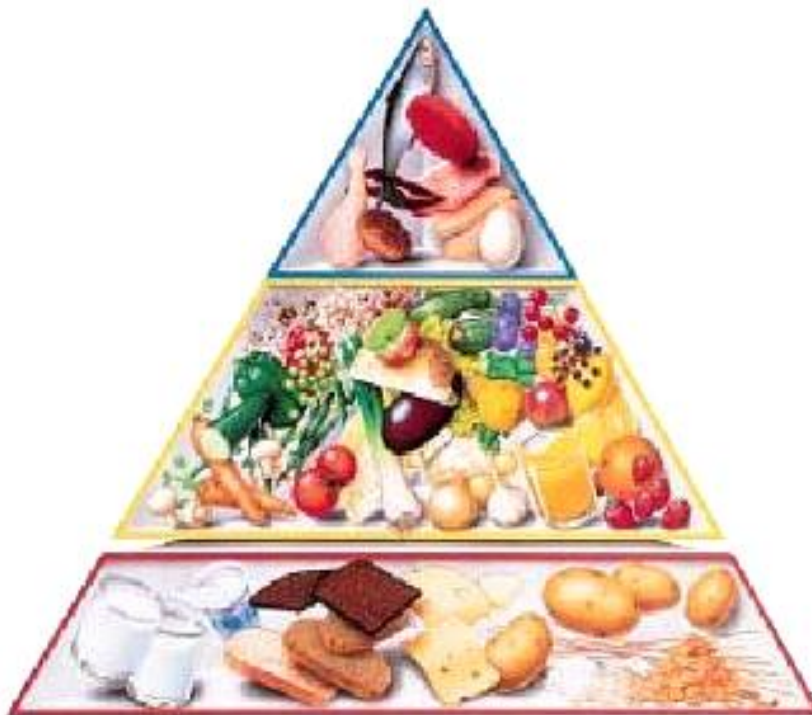
The wholesome choice must be the easy choice!

Basic food

We are often bombarded with new understandings of what is good for us. As a student at NIH you are physically active above average, and it is therefore important that your body gets the nutritious substances it needs. The basic food at NIH (what is served to you) is to the widest possible extent based on the food pyramid and the eight food recommendations of the National Danish Board of Health.

The eight food recommendations:

- Eat more fruit and vegetables – 6 pieces a day.
- Eat fish and slices of fish several times a week.
- Eat potatoes, rice or paste and coarse bread every day.
- Economize on sugar – especially sugar from soft drinks, sweets and cake.
- Economize on fat – especially from dairy produce and meat.
- Eat balanced – and keep your standard weight.
- Drink water.
- Be physically active – 30 minutes a day or more.



Eating is a daily matter – but eating correctly is a different matter!

