

Care and Feeding of Olympic Athletes

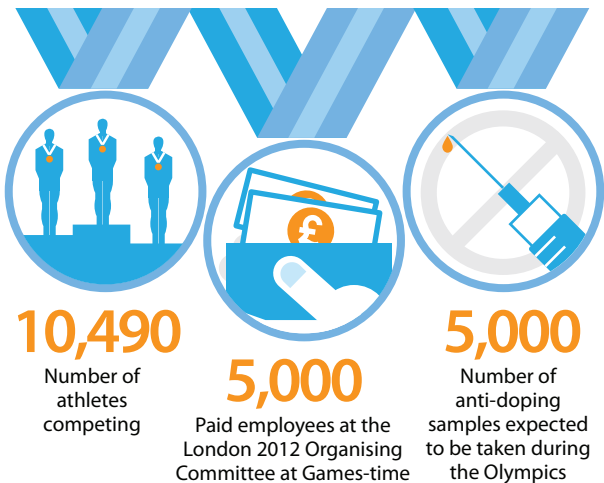
Explore some facts and figures behind the care and feeding of competitors at the London 2012 Olympics.

19 Number of days of competition

5 Number of recovery days for Team GB road cyclist Bradley Wiggins between winning the Tour de France and competing in Olympic cycling events



10 Litres of fluid road cyclists consume during gruelling races, such as a stage of the Tour de France



6 Number of dentists on duty

375 Number of doctors on duty during the competition

1.2 mil.

Number of meals served to Olympic athletes



1,300

Types of dishes the athletes can choose from



2.7 mil.

Number of bananas expected to be consumed by athletes during the games

8,000-10,000

Number of calories consumed per day by gold medal-winning swimmer Michael Phelps



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Sources: London 2012/LOCOG; BBC Media Centre; WebMD news: *The Olympic Diet of Michael Phelps*, *International Women's Day: A time for reflection*; Sky Procycling: *Nutrition key for tour test*; The Independent

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