Jacqueline Hamilton, CEC, Joins Matt Lauer on the “Today” Show to Discuss Cooking for U.S. Olympic Athletes

St. Augustine, Fla., June 4, 2008—Jacqueline Hamilton, certified executive chef (CEC), and a member of American Culinary Federation (ACF) Pikes Peak Chapter Inc., has quite the responsibility—creating recipes and feeding 600 U.S. Olympic athletes. She shares what it is like to cook for U.S. Olympic champions on the “Today” show, June 3.

Hamilton, executive chef for the U.S. Olympic Committee, Colorado Springs, Colo., is responsible for planning healthy, tasty meals designed to propel athletes to success in the 2008 Beijing Olympic Games.

Outside the famous Studio 1A in Rockefeller Center, New York, Olympic athletes Carissa Gump and Myles Porter join Hamilton as she discusses the logistics behind cooking for the vast number of athletes with varied tastes. Hamilton also discusses the importance of creating recipes containing lean protein and low amounts of trans-fat and sodium. Gump, a weightlifter, and Porter, a judo fighter, describe their favorite meals and confess to the ones they dislike. They also give viewers an inside look at their daily eating schedule and the number of calories they consume—for Porter the number is 12,000 per day.

While Hamilton encourages athletes to eat their roasted Brussels sprouts, she also creates healthy meals that everyone will enjoy, such as, chicken stir-fry, a favorite of Gump’s, and Baja chicken salad, a favorite of Porter’s.

“Creating nutritious recipes takes research and knowledge, and is a sign of a great chef,” said John Kinsella, CMC, CCE, AAC, ACF national president. “Chef Hamilton has demonstrated how

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important healthy eating is and what a positive affect it has on your day-to-day performance–this is especially the case with Olympic athletes."


The American Culinary Federation, Inc., established in 1929, is the premier professional organization for culinarians in North America. With more than 21,500 members spanning 230 chapters nationwide, ACF is the culinary leader in offering educational resources, training, apprenticeship and accreditation. In addition, ACF operates the most comprehensive certification program for chefs in the United States. ACF is home to ACF Culinary Team USA, the official representative for the United States in major international culinary competitions. For more information, visit www.acfchefs.org.

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