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HEALTHY FOOD SERVICES IN SPORTS TOURISM: A WELLNESS PERSPECTIVE

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Abstract

The growing demand for health-oriented travel has strengthened the integration of sports tourism, gastronomy, and wellness services. This study examines the role of healthy restaurant products in meeting the nutritional and gastronomic needs of athletes and sports tourists through two core components: culinary production and catering services. A conceptual analysis based on current scientific literature evaluates the technological, nutritional, and service characteristics of restaurant products within sports tourism. Attention is given to food quality, nutritional value, organoleptic properties, freshness, presentation, packaging, and compliance with healthy eating principles. The findings indicate that competitive restaurant products should integrate balanced nutrition, local ingredients, sustainability, and innovative food technologies while maintaining sensory quality. Flexible menus and wellness-oriented catering services can accommodate the specific dietary requirements of athletes and active travelers, enhancing customer satisfaction and recovery. Integrating healthy restaurant products into sports tourism contributes to destination competitiveness, sustainable tourism development, and the promotion of wellness-oriented travel experiences.

Keywords: sports tourism, wellness-foot, culinary production, catering, sustainable tourism.

Introduction

Growing awareness of healthy lifestyles has substantially influenced consumer behavior within the tourism and hospitality sectors, increasing demand for products and services that integrate health, nutrition, and well-being (7, 16, 20). Tourism has consequently evolved into an important niche of the tourism industry, combining physical activity, recreation, and travel while responding to the expectations of health-conscious consumers (2, 3, 9, 23). Within this context, healthy restaurant products have emerged as an essential component of the sports tourism experience (4, 15, 18). Beyond providing nutritionally balanced meals, it incorporates sustainable food production, local ingredients, functional nutrition, and high-quality catering services that support athletic performance, recovery, and overall well-being (6, 19, 21). Contemporary sports tourists increasingly expect restaurant products that combine nutritional value with sensory quality, sustainability, convenience, and innovative service concepts (1, 12, 17). Recent developments in the restaurant industry demonstrate a growing tendency to revise recipes, optimise technological processes, and improve food presentation to preserve nutritional quality and organoleptic characteristics during preparation and thermal processing (11, 13, 14). Attention is directed towards freshness, portion size, packaging, and catering solutions adapted to the specific requirements of athletes and physically active tourists (10, 22). These developments reflect the broader transition towards healthier dietary patterns and wellness-oriented gastronomic experiences (8, 17). The present study examines the role of healthy restaurant products in satisfying the nutritional and gastronomic needs of athletes and sports tourists (5). Emphasis is placed on the two principal components of the restaurant product—culinary production and catering services—and their contribution to sustainable sports tourism and wellness-oriented destination development.

Methods

This study applies to a qualitative conceptual approach based on the systematic analysis of scientific literature and the synthesis of contemporary theoretical and practical knowledge concerning healthy restaurant products within sports tourism. The analysis focuses on the two fundamental components of the restaurant product: culinary production and catering services. Culinary production was examined with respect to nutritional composition, caloric value, technological processing, organoleptic quality, freshness, packaging, and compliance with healthy dietary recommendations (19). Additional attention was given to gastronomic traditions, preparation methods, and technological innovations designed to preserve the nutritional and sensory qualities of food products. Catering services were analysed as an integral element of the overall restaurant product, considering their role in service quality, customer experience, atmosphere, and the organisation of food provision during sports events. Emphasis was placed on the flexibility of restaurant products to accommodate the specific nutritional requirements of athletes through diversified menus, functional foods, healthy beverages, and portable catering solutions. The conceptual framework also incorporates principles of sustainable nutrition, including increased consumption of fruits, vegetables, whole grains, legumes, nuts, and unsaturated fats, together with reduced intake of processed foods and products with a high environmental footprint (Fig. 1).

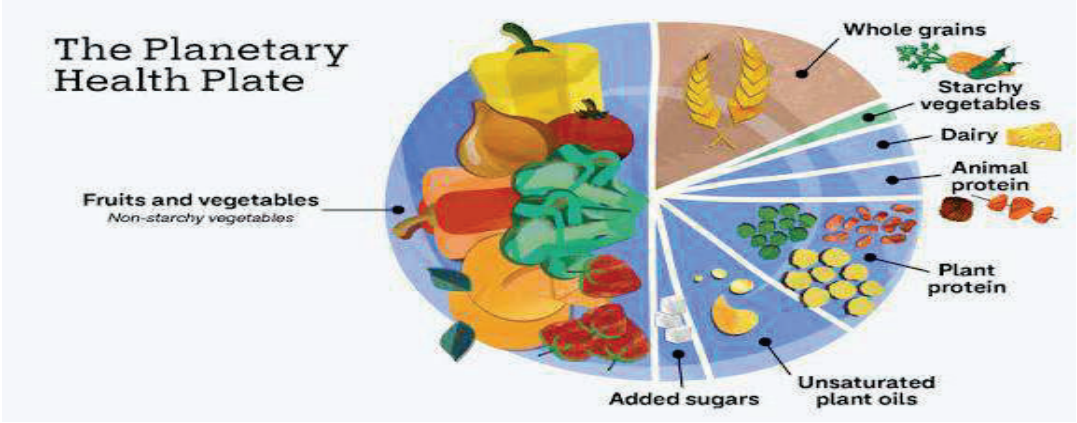


Fig. 1. Diet for Planetary Health (The EAT-Lancet Scientific Committee, published in the authoritative journal Lancet 2024) Source: https://www.espressonews.bg/

These principles provide the basis for evaluating healthy restaurant products as an essential component of contemporary sports tourism and wellness-oriented hospitality.

The Planetary Health Diet (Fig. 1) provides a scientifically grounded framework for healthy and sustainable nutrition by recommending increased consumption of fruits, vegetables, whole grains, legumes, nuts, and plant-based oils, together with moderate intake of dairy products and limited consumption of animal-derived foods. This dietary model supports both human health and environmental sustainability and is increasingly recognised as an appropriate nutritional reference for sports tourism and wellness-oriented hospitality. The composition of culinary products and ready-to-consumer foods determines the characteristics and market positioning of the restaurant product (16, 17). Owing to its flexibility, the restaurant product can satisfy both primary nutritional requirements and complementary dietary needs of athletes and sports tourists. According to Axler (1979), the restaurant product comprises a primary component (food and beverages) and a secondary component, including comfort, communication, entertainment, and customer experience. This broader interpretation reflects the growing importance of experiential value in contemporary sports tourism. Recent developments in hospitality indicate a shift towards open-kitchen concepts, live culinary preparation, and transparent food production, allowing consumers to observe the preparation and presentation of meals. Together with innovative catering services, these approaches increase customer confidence, improve service quality, and enhance overall tourism experience during sporting events. The restaurant product in sports tourism can be conceptualised as consisting of three interrelated components: (i) food and beverages, (ii) service quality, and (iii) the service environment or atmosphere. These components jointly determine customer satisfaction and the perceived quality of the gastronomic experience. Service quality represents a critical element of sports tourism, particularly during large-scale sporting events where rapid, hygienic, and efficient food provision is essential. Modern catering services include diversified delivery methods, mobile food stations, tray service, and live food preparation, enabling restaurants to respond effectively to the specific nutritional requirements of athletes and visitors. Consequently, catering extends beyond food provision and becomes an integral part of the overall tourism product. The atmosphere in which the restaurant product is delivered further contributes to customer satisfaction by combining gastronomic quality with the emotional and social dimensions of sporting events. Themed restaurants, sports-oriented environments, and destination branding strengthen visitor engagement and reinforce memorable tourism experiences. Consequently, contemporary restaurant products should integrate high-quality culinary production, efficient service technologies, attractive atmospheres, and wellness-oriented nutritional principles to achieve greater competitiveness within the sports tourism market.

Results

The findings indicate that the availability of healthy restaurant products at sports venues has become an essential requirement for meeting the nutritional demands of athletes, accompanying personnel, and visitors. Such demand is primarily addressed by large restaurant chains and quick-ser ice operators capable of providing efficient catering under time-constrained event conditions. Market analysis demonstrates that successful food-service providers increasingly adopt strategies focused on continuous menu innovation, the use of higher-quality ingredients, service quality improvement, technological modernisation, and investment in infrastructure. These strategies strengthen competitive advantage while supporting sustainable business development. Furthermore, investment in staff training and organisational development enhances service efficiency and contributes to the long-term competitiveness of restaurant operations within sports tourism. The analysis demonstrates that the quality of the restaurant product represents a key determinant of customer satisfaction and competitiveness in sports tourism. Although the atmosphere of sports-themed restaurants contributes to visitor experience, culinary quality and service efficiency remain the primary factors influencing consumer choice and repeat visitation.

The increasing diversity of sports tourists requires restaurant operators to adopt differentiated market strategies and to develop products tailored to specific nutritional and lifestyle preferences. Large restaurant

chains and quick-service establishments have responded by improving menu quality, modernising production technologies, investing in service innovation, and strengthening organisational capacity. These measures contribute to greater market competitiveness while improving the quality of the tourism experience. Successful examples from international practice, including sports club restaurants and themed hospitality concepts, demonstrate that integrating gastronomy with the identity of sporting events enhances destination attractiveness and customer engagement. Such concepts combine healthy nutrition with entertainment, branding, and experiential value, creating additional opportunities for sports tourism development. The analysis further indicates that the competitiveness of restaurant products depends on the successful integration of culinary quality, nutritional value, sensory characteristics, service quality, and pricing strategy. Healthy menus designed according to recognised nutritional standards, such as the Nutri-Score classification. The tool assigns 1 to 10 points for ingredients to limit (ie calories, saturated fat, sugars, salt) and 0 to 5 for beneficial ingredients (protein, fiber, fruits and vegetables, nuts) provide consumers with transparent information and facilitate healthier food choices(Fig. 2).



Fig. 2. The Nutri-Score system is designed for labeling products.
Source: Photo: eutoday.net Examples of Nutri-Score labeling

Consequently, nutritional labelling has become an important instrument for promoting healthy eating behavior within sports tourism.

Discussion

The findings confirm that healthy restaurant products should be considered an integral component of the sports tourism value chain rather than an auxiliary hospitality service. Competitive advantage increasingly depends on the ability of restaurant operators to combine nutritional quality, sustainability, technological innovation, and customer-oriented service. The integration of healthy culinary production with efficient catering services creates added value for athletes and sports tourists by supporting physical performance, recovery, and overall well-being. These findings are consistent with current trends in wellness tourism, which emphasise holistic experiences combining nutrition, health promotion, sustainability, and personalised services. The adoption of internationally recognised nutritional assessment systems, such as Nutri-Score, contributes to greater transparency and supports informed consumer decision-making. Overall, the results suggest that the competitiveness of sports tourism destinations increasingly depends on the successful integration of healthy gastronomy, service quality, and destination branding into a coherent wellness-oriented tourism product.

Conclusion

Healthy restaurant products constitute an essential component of contemporary sports tourism by combining balanced nutrition, high-quality catering services, and sustainable hospitality practices. Their successful integration into sports tourism enhances customer satisfaction, supports athletes' nutritional requirements, and strengthens destination competitiveness. Restaurant operators should continuously adapt their products and services to evolving consumer expectations by emphasising healthy menus, local ingredients, sustainable production, innovative service technologies, and transparent nutritional information. The implementation of recognised nutritional standards and wellness-oriented gastronomic concepts provides additional opportunities for product differentiation and market positioning.

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