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ICS 11.120
CCS C 55

TY

TY/T 5003-2025

General requirements for opening service and evaluation of public sports facilities

冬季项目运动员膳食营养素适宜摄入量

(English Translation)

Issued on: December 30, 2025 **Implemented on: July 1, 2026**

Issued by: General Administration of Sport of China

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https://chinastandards.org/standards/ty-t-5003-2025

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1 Foreword

TY/T 5003-2025 was issued by General Administration of Sport of China on 30 December 2025 and has been in force since 1 July 2026.

The TY/T prefix marks a recommended standard. It is not law in itself: it becomes binding when a contract names it, when a regulation or a mandatory standard refers to it, or when a producer declares conformity with it.

The document runs to 17 pages in English translation.

2 Scope Preview

This document specifies the appropriate intake of energy, macronutrients, and micronutrients in the daily diet of winter sports athletes during the training period. This document applies to the quantitative management of food intake, meal planning, dietary nutrition status evaluation, and nutritional food development for athletes in winter sports during their daily training period.

TY/T 5003-2025 falls under ICS 11.120, in the field of health care technology.

This catalogue holds 87 other TY/T standards.

In this catalogue, TY/T standards carry edition years from 2005 to 2026.

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3 About this standard

Issued by: General Administration of Sport of China

English translation: about 17 pages

Chinese original: about 25,281 characters

4 Related standards

Standards on related subjects:

WS/T 652-2019 - Standard for determination of food glycemic index

WS/T 578.1-2017 - Chinese dietary reference intakes - Part 1: Macronutrient

GB/T 8449-1987 - Method for determination of lead in food additives

5 Classification and status

International classification (ICS): 11.120

Chinese Standard Classification (CCS): C 55

Prefix TY/T: recommended standard.

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