

# Eating & Drinking To Train:

Eating the right foods will help you to perform at your best. What, how much and when you eat will have a big impact on your health, energy and performance.

## Before training

- Eat a meal 1–3 hours before training; accompany with a drink of water.
- Jacket potato with cheese, tuna or baked beans plus salad
- Pasta with tomato-based sauce or pesto, with vegetables
- Rice or noodles with chicken, fish or beans
- Sandwich/roll/ bagel/ wrap filled with tuna, cheese, chicken or peanut butter

## Pre-training snacks

If you don't have time for a meal, have a snack approximately ½ - 1 hour before training with a drink of water. You should NEVER train on empty!

- A banana (or other fresh fruit) and a handful of nuts
- A handful of dried fruit (e.g. raisins, apricots)
- A cereal bar
- A pot of fruit yoghurt and an apple
- A couple of slices of bread or toast with honey
- Two or three mini pancakes
- A couple of rice cakes with peanut butter

## NOT CHICKEN & CHIPS!

## During Training (lasting more than an hour):

Start drinking early during training – within the first 30 minutes

- Aim to drink around 500 ml per hour
- Drink little and often, ideally every 15 – 20 minutes
- Fruit juice diluted with an equal amount of water
- Squash diluted 1 : 4 with water
- Isotonic sports drink (40 – 60g sugar per 1 litre)

## Recovery Snacks

- Ideally 50 – 60g carbohydrate plus 10 – 20 g protein; within 30 min after training
- 500 ml flavoured milk
- One banana plus 500ml of milk
- 2 pots (2 x 150g) of fruit yoghurt
- One cereal bar plus 500 ml semi skimmed milk
- 60g raisins fruit and 50g nuts
- 4 rice cakes with 20g peanut butter plus 200ml orange juice

# Eating & Drinking To Compete:

What you eat and drink on the day of the gala can make a big difference to your performance. Read on for some tried and tested tips for gala nutrition.

## DO.....

- Stick to familiar foods and drinks
- Take your own foods and drinks wherever possible
- Have your normal meal 1 - 2 hours before competing — enough time to digest the food and the stomach to feel comfortable.
- You may feel too nervous to eat. Try nutritious drinks (such as fruit juice, smoothies, yoghurt drinks, flavoured milk), or light snacks.
- Drink plenty of water or diluted juice before and after the event

## DO NOT.....

- Skip meals – you may become light-headed or nauseous during the event and will not perform at your best.
- Eat or drink anything new
- Eat high fat foods like crisps and sausage rolls before or during the event
- Load up with sweets and sugary drinks all day!

## Light meals for short breaks during galas

- Pasta – mix with a little pesto or tomato sauce. Add any combination of peppers, tomatoes, cucumber, sweetcorn, nuts, tuna, chicken.
- Sandwiches, wraps, rolls, pitta bread. Filled with a little chicken, tuna, cheese, salad, peanut butter.

## Refuelling snacks

- Bananas; grapes, apples, satsumas, pears
- Dried fruit — raisins, apricots, mango
- Rice cakes or crackers
- Mini-pancakes
- Cereal bars; fruit bars, sesame snaps
- Yoghurt and yoghurt drinks
- Small bags of nuts — peanuts, cashews, almonds – not salted!

## Suitable drinks

- Water
- Fruit juice diluted half and half with water
- Dilute squash