

COMPETITION NUTRITION AND HYDRATION FACT SHEET

What should I **EAT** for a **MEET**?

2

4

HOURS BEFORE YOU RACE

Drinks: water, milk, fruit juice, diluting juice 500ml -1000ml
Food: Pasta, noodles, rice or potato based meals/ bagels, toast, with honey jam, bananas, beans or eggs/ cereal with dried fruit or nuts and low fat milk



30

60

MINUTES BEFORE YOU RACE

Maltloaf, fruit bread, jaffa cakes fig rolls, bagels, crumpets, fruit bread, fruit or pancakes.

30

MINUTES AFTER YOU RACE

Low fat custard or rice pudding, or any of the snacks from above.



LESS THAN

30

MINUTES BEFORE YOU RACE

Jelly sweets, fruit juice, full sugar diluting juice, ripe banana, jelly cubes.



RACE RECOVERY

Meals that are carbohydrate-based but with a protein too, eg. fish pie, turkey and potatoes, lamb curry and rice, chicken pasta etc.

If you make a final, choose food according to how long you have... easily absorbed carbs for a short gap and longer lasting carbs for a bigger gap.



AND REMEMBER ON RACE DAY... DONT TRY FOOD THAT'S NEW, IN CASE YOU END UP ON THE LOO!