

Eating at a gala

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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 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. Fill 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



Suitable drinks

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

For more information and easy healthy recipes: **Sports Nutrition for Young Athletes** by Anita Bean, available from www.amazon.co.uk or book shops.
www.anitabean.co.uk