



## **Nutrition – Eating and drinking for performance**

### **A few ideas for snacks and meals (and always remember to rehydrate!!)**

*Also take a look on the British Cycling website which has lots of great suggestions for healthy meals and snacks to eat around your cycling and recipes to try.*

#### **Pre-training meals (2-4 hours before racing / training)**

- Porridge with milk, fruit, honey, flaxseeds, banana
- A bowl of wholegrain cereal such as Weetabix or Shreddies with milk and banana
- Peanut butter, baked beans or scrambled egg on toast
- Rice, pasta or noodles with chicken, fish or beans and salad/vegetables
- Jacket potato with baked beans, cheese, tuna with salad
- Pasta with a light sauce eg tomato and roasted red pepper / pesto, cheese, vegetables or salad
- Soups with protein eg bean, lentil or chicken soup with wholemeal bread
- Wholemeal sandwich/wrap with meat, fish, tuna, chicken, cheese or nut butter and salad

#### **Pre-training snacks (within 30 minutes of training)**

- Banana
- Rice cakes / oatcakes with nut butter or cheese
- Fruit yoghurt and fresh fruit
- Toast or bread with honey
- Smoothie with fruit
- Dried fruit eg apricots, raisins, mangos or nuts including almonds, cashews (if no allergies)
- Cereal bar / flapjack

#### **During training (if training over an hour)**

- Handful of raisins
- Slice of malt loaf
- Banana
- Cereal bar
- Isotonic sports drink (homemade or bought)

### **After training (the magic window – within 30 minutes)**

- Quick refuelling snacks including:
- Flavoured milk for example chocolate milk (500ml)
- Fruit yoghurt
- Milk and a banana
- Smoothie with milk or yoghurt, banana, fruit
- Cheese sandwich
- Nut butter sandwich with orange juice
- Dried fruit and nuts

### **After training (within 2 hours of training)**

- Refuelling meals including:
- Rice with fish and vegetables
- Jacket potato with tuna, beans, cheese, chicken with vegetables / salad
- Omelette with vegetables, cheese, potatoes and salad
- Chicken, prawn or tofu stir fry with vegetables and noodles or rice
- Pasta with a tomato or meat based sauce and vegetables