

Love your body... before, during and after your race

Planning a big race? Our Vitality dietitian shares top nutrition tips for runners and cyclists.

- ✓ **Don't try anything new on race day.** Rather experiment with food and fluid intake during your training.
- ✓ **There's no best meal or snack** – it all depends on your individual goals and needs. Chat to a dietitian who specialises in sports nutrition for personal advice.
 Make sure you **drink enough fluids** before, during and after your race. The ideal fluid (whether water or electrolyte or sports drinks) during exercise will depend on your goals.

Here are a few more ways to **fuel your body** every step of your exercise journey:

Before	During	After
Fuel your body 2–4 hours before your race. You can top up your energy with a small snack in the 1–2 hours before your race. In general, your pre-race meal or snack should be: ✓ Rich in carbohydrates ✓ Easy to digest (so avoid foods high in fat or fibre) ✓ Familiar For example: Peeled apple and low-fat yoghurt Oats porridge with low-fat milk Homemade fruit smoothie with low-fat milk, crushed ice, fruit and oats	In general, you won't need extra fuel if you're running under 60 minutes. If you do need energy, choose foods that are: ✓ Rich in carbohydrates ✓ Easy to digest (so avoid foods high in fat or fibre) ✓ Familiar For example: Bananas Boiled potato with a little salt Simple sweet or savoury sandwiches (e.g., with jam or marmite)	Refill your body with proper nutrition as soon as possible after your race. In general, your post-race meal should have: ✓ Good quality carbohydrates (e.g., whole grains) ✓ Healthy protein ✓ Fluids and electrolytes For example: Skinless chicken and salad on a wholewheat roll Tinned tuna on wholewheat crackers plus a banana Wholewheat toast and peanut butter