

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

Planning a big race? Vitality dietitian Terry Harris 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
<p>Fuel your body 2 to 4 hours before your race. You can top up your energy with a small snack in the 1 to 2 hours before your race.</p> <p>In general, your pre-race meal or snack should be:</p> <ul style="list-style-type: none"> ✓ Rich in carbohydrates ✓ Easy to digest (so avoid foods high in fat or fibre) ✓ Familiar 	<p>In general, you won't need extra fuel if you're running under 60 minutes.</p> <p>If you do need energy, choose foods that are:</p> <ul style="list-style-type: none"> ✓ Rich in carbohydrates ✓ Easy to digest (so avoid foods high in fat or fibre) ✓ Familiar 	<p>Refill your body with proper nutrition as soon as possible after your race.</p> <p>In general, your post-race meal should have:</p> <ul style="list-style-type: none"> ✓ Good quality carbohydrates (e.g., whole grains) ✓ Healthy protein ✓ Fluids and electrolytes
<p>For example:</p> <p>Peeled apple and low-fat yoghurt</p> <p>Oats porridge with low-fat milk</p> <p>Homemade fruit smoothie with low-fat milk, crushed ice, fruit and oats</p>	<p>For example:</p> <p>Bananas</p> <p>Boiled potato with a little salt</p> <p>Simple sweet or savoury sandwiches (e.g., with jam or marmite)</p>	<p>For example:</p> <p>Skinless chicken and salad on a wholewheat roll</p> <p>Tinned tuna on wholewheat crackers plus a banana</p> <p>Wholewheat toast and peanut butter</p>