

Sports snacking : active bodies crave carbohydrate for energy. But how do you get the most from meals and snack on the right foods at the right time?

Publication/Creation

[Place of publication not identified] : [publisher not identified], [2013]

Persistent URL

<https://wellcomecollection.org/works/msftxkfp>

License and attribution

Conditions of use: it is possible this item is protected by copyright and/or related rights. You are free to use this item in any way that is permitted by the copyright and related rights legislation that applies to your use. For other uses you need to obtain permission from the rights-holder(s).



Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
<https://wellcomecollection.org>

SPORTS SNACKING

ACTIVE BODIES CRAVE CARBOHYDRATE FOR ENERGY. BUT HOW DO YOU GET THE MOST FROM MEALS AND SNACK ON THE RIGHT FOODS AT THE RIGHT TIME?



GET HEALTHY HABITS UP AND RUNNING

- Regular sports demand regular, well balanced meals and plenty of fluids before, during and after training
- There is no need to rely on supplements if you are eating a balanced diet
- Know when to snack, and what on, to reduce fatigue and maintain blood sugar and carbohydrate levels

WHAT TO EAT & WHEN

Before exercise

Eat 2-4 hours before exercise to avoid discomfort, e.g.:

- 2 portions of fresh fruit
- 1 slice of wholemeal bread with topping
- 2 Weetabix with skimmed milk

During exercise

Exercising for more than an hour? Top up your energy stores every 15-20 minutes, e.g.:

- 125-150ml isotonic sports drink
- 2 handfuls of dried fruit

After exercise

Replace lost energy to help with your recovery. Eat some carbohydrates within 20 minutes of finishing exercise, e.g.:

- 1 cereal bar
- 2 large bananas
- 1 bowl of wholegrain cereal with skimmed milk

