



SHIVERERS SWIMMING CLUB

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Eating at a gala By Anita Bean BSc RNutr

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