

## EATING AT A GALA

What you eat and drink on the day of a gala can make a big difference to your performance.

You need to ensure that you eat enough food, and take advantage of opportunities to eat and drink during your events.

High fat and simple sugar foods will do you no favours in competition. Sugar as a fuel is like a firework; a "big bang" of energy and then nothing else!

Here are 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 competition - 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

Some ideas if you have a short break during the gala.

- ✓ 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, banana.

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Try to eat as soon as possible after your swim to give yourself as long as possible to recover if you have to swim again.



### REFUELLING SNACKS

- ✓ Bananas, grapes, apples, satsumas, plums, pears
- ✓ Dried fruit - raisins, apricots, mango
- ✓ Prepared vegetable crudités - carrots, peppers, cucumber and celery
- ✓ Smoothies
- ✓ Crackers and rice cakes
- ✓ Malt loaf
- ✓ Mini-pancakes, fruit buns
- ✓ Cereal bars, fruit bars, sesame snaps
- ✓ Yoghurt and yoghurt drinks
- ✓ Small bags of nuts - peanuts, cashews, almonds

If you have **less than 30 minutes** between races...

Fluids, sports drinks, juices and fruit are the best options

If you have **30-60 minutes** between races...

Sandwiches with honey/jam/banana, sports bars, cereal bars or low fat muesli bars

If you have **1-2 hours** between races...

Pasta, rice or noodle-based dishes with low fat sauce/toppings or sandwiches



### SUITABLE DRINKS

- ✓ Water
- ✓ Fruit juice diluted half and half with water (you could also add a pinch of salt)
- ✓ Isotonic sports drink
- ✓ Diluted squash

**PLEASE COME WITH SNACKS PREPARED...**

**DO NOT RELY ON THE VENUE TO PROVIDE APPROPRIATE FOOD TO FUEL YOU...**