

Gala Day Nutrition & Hydration Guide

Before the Gala:

In the morning, make sure you have breakfast, even if it's something light:

- Porridge
- Cereal with milk/non-dairy milk
- A smoothie made of banana and milk/yogurt
- Toast and jam with fruit

You should drink 250-500 ml water 2-4 hours before an event

During the Gala:

Pack snacks to take with you to the event. You'll need things you can snack on between heats, things that are easy to pack and will be easily digested:

- Fruit - bananas, apples, pears, grapes for example
- Carrot sticks and some hummus
- Oatcakes and honey
- Crumpets, bagels or pitta breads
- Porridge - this travels well in a food thermos
- Smoothies - home made with banana for example

Drink water regularly throughout the day and 125 – 200ml 30 mins before a race

Between Sessions:

If your event has 2 or 3 sessions you'll need to eat a light meal between sessions:

- Pasta - with chicken/fish/tofu and some vegetables
- Sandwiches with a filling of your choice plus vegetable sticks
- Rice - with chicken/fish/tofu and vegetables
- Couscous with vegetables and hard boiled egg

Remember to drink water between sessions - 250-500ml with your food

After the Gala:

Drink 250-500 ml within 30 mins of finishing your race.

Eat within 30 mins of the race to top up glycogen stores and promote recovery:

- Baked potato with tuna and sweetcorn with a salad and avocado slices
- Pasta with chicken/tofu and stir fry vegetables
- Rice with salmon/chicken/beans and green beans
- Noodle and vegetable stir fry with prawns and egg

You could also have a **small snack** before bed - some oatcakes or a piece of fruit are good ideas.