

## **Rules of good eating during sport**

### **Week before the competition**

1. A good healthy breakfast every morning.  
E.g. bran flakes  
Wholemeal toast
2. Begin to include mineral water with every meal you have.  
You must have 8 glasses a day.
3. Lunch should include a wholemeal sandwich or salad.  
Alongside this you should have a piece of fruit and a yogurt.
4. Dinner should be high in carbohydrates with plenty of fresh  
Vegetables, meat or fish.

### **Day before the competition**

1. A good healthy breakfast as above
2. Drink at least 8 glasses of water throughout the day.
3. Lunch should be the same as above with plenty of fruit.
4. Dinner should be same as above but an easily digested meal.  
You could include rice with vegetables and fish as a great  
Pre competition dinner.
5. Ideally have a warm cup of water and add a squeeze of  
Fresh lemon juice to it.

### **Competition day**

1. Breakfast should be a large bowl of hot porridge and a banana.
2. A large cup of warm water with a squeeze of lemon.
3. Have at least 2 1litre bottles of mineral water to drink  
This is for throughout the day.
4. Breakfast must be 3 - 4 hours before the event.
5. For lunch you only need a wholemeal sandwich and fruit.
6. In-between races you can have water and fruit.  
You can have an orange or kiwi fruit every time.
7. Drink water ever 15 - 20 minutes even if not thirsty.  
This will prevent becoming dehydrated.
8. Your evening dinner should be a choice of the following:  
Pasta  
Rice, vegetables and meat or fish  
Minestrone soup and wholemeal bread.
9. Before bedtime have another cup of warm water with lemon.

**REMEMBER!!!!**

**You will only get good things from your body if you put good things in.**