

Recommended food stuff

Breakfast Examples

Cereals (whole wheat)
Porridge
Toast/Teacakes/muffins
Eggs (poached/scrambled/boiled on toast)
Yoghurt
Fruit (raisin/banana/orange/apple etc)
Milk
Cereal bars
Water rather than fruit juice.

Lunch/Dinner

Potatoes (boiled/baked/mashed)
Chips (oven baked)
Noodles
Rice (brown or white)
Chicken
White fish (cod/place)
Oily fish (tuna/mackerel)
Vegetables (Cruciferous if possible)-(broccoli/brussel sprouts/cauliflower etc)
Salad (lettuce/tomato/cucumber/celery/peppers etc)
Bread (brown/white)
Spaghetti
Pasta
Baked beans

Examples of pre-exercise or between meal snacks (1-2 hrs before exercise)

Milk shake or Fruit smoothie
Sports bar/power bar (check labels for carbohydrates and protein content)
Breakfast cereal with milk
Cereal bars (fruisli/tracker/kellogs/nutria-grain etc)
Yoghurt
Fruit (fresh/dried/tinned)
Toast or muffin and preserve
Teacakes (toasted or not)
Nuts
Rice pudding
Sports (certain types) drink/water

Examples of pre-competition or training meals (3-4 hrs before exercise)

Most pasta and rice based dishes, with a meat or vegetable topping
Baked potatoes (beans/cheese/sweet corn/chilli etc)
Baked beans/Cheese on toast
Rice, Curry or Chilli (spices are generally good)
Tuna and sweet corn bake

These foods, snacks and meals are just a guide around which the diet can be based.

As a reminder try to keep your intake of complex carbohydrates high, these will give you a sustained energy (fruit and vegetables should be in plentiful quantities)

Keep your fat intake moderate

Have daily protein (dairy produce, eggs, fish, meat, grains and nuts)

Things high in simple carbohydrates (fast burning)

Sugar (white and brown), Jam, honey and preserves, Fruit (fresh, dried and tinned), Yoghurt, Fromage frais, Ice cream, Jelly, Confectionary, Soft drinks

Things high in complex carbohydrates (slow burning)

Bread (all typed), Pasta, Rice, Noodles, Oats, Breakfast cereals, (unsweetened) pulses (beans, lentils and peas) Potatoes, Parsnips, Sweet corn.

A mixture of simple and complex carbohydrates

Cake, Biscuits, Breakfast cereals, Puddings, Sweet Pastries, Pies and Flans, Cheese cake, Bananas.