



Nutritional Tips from Jane Griffin

3. The day before the event!

- ✓ Don't experiment today – only eat foods you would normally eat.

- ✓ Check the weather forecast – increase your intake of fluids and salt if the weather is going to be hot

- ✓ Breakfast – choose from:- cereals with low fat milk, bread, toast, rolls, bagels, crumpets with low fat spread and jam, marmalade or honey, fruit and yogurt. Drink juice, squash, water, tea or coffee.

- ✓ Lunch – sandwiches with lean fillings (chicken, ham, tuna, salmon, low fat soft cheese etc), jacket potatoes with tuna, cottage cheese, baked beans (they can make you a bit windy though), fruit, yogurts and fluids as for breakfast.

- ✓ Evening meal – pasta, rice, potatoes, noodles with a small amount of chicken, fish or very very lean red meat or low fat vegetarian alternatives and vegetables.

- ✓ If you are eating out keep away from dodgy looking eating establishments. An upset tummy could be the end of your 10K before you even start!

- ✓ Also avoid curries, spicy food and shellfish for similar reasons.

- ✓ Keep the fibre content down too, especially if you have been prone to runners trots during your training runs.

- ✓ Overall do not overdo the portions.

- ✓ Still hungry? – include low fat rice puddings, bread, yogurt and fruit at lunch and evening meal. Snack on a cereal bar.

- ✓ Still hungry at bedtime? – toast, cereal, hot milk and a plain biscuit or two are all suitable just before bed if you genuinely need something.