



### Nutritional Tips from Jane Griffin

#### 2. The last seven days

- ✓ Increase your carbohydrate intake slightly over the last week. There is not need to over-eat, just make sure you have a good serving of carbohydrate-rich foods at every meal and as snacks in-between (bananas, grapes, dried fruit, Jaffa cakes, malt loaf, currant buns, cereal bars etc) if you feel hungry.
  
- ✓ Eat little and often and avoid big “blow-outs”. You shouldn’t have bloating or discomfort – if you do, you’ve overdone it! Cut back on fibre-rich foods as your digestive system (guts!) will probably be working quite well this week as you begin to feel nervous and apprehensive. Keep the fat content of your meals on the low side so avoid fried foods, pastry, chips, fatty meat and meat products etc.
  
- ✓ Include some protein at every meal (milk, eggs, lean meat, chicken, quorn, fish etc) and make sure you are still getting those 5 portions of fruit and vegetable every day. Keep up your fluid intake – particularly if the weather is warm.
  
- ✓ Drink what you normally drink – just more of it. You know you are keeping well-hydrated if you are urinating frequently, reasonable amounts and your urine is pale in colour. (If you use a vitamin supplement, your urine will be slightly yellower and a darker yellow will indicate you are getting dehydrated and need to drink more.)

