

Recommendations for nutrition

Check List. Please record if you make any changes.

1. Are you eating enough and including variety? All food groups: carbohydrate, protein with every meal plus range colourful fruit and veg and some dairy/fat containing foods
2. Is your weight stable?
3. Are you eating consistently throughout the day? Avoiding energy deficits
4. Are you adequately fuelled and refuelled around training sessions? Specifically carbohydrate, which key source of fuel. Power meters can provide an estimate of calories expended during a ride.
5. During long rides >1 hour make sure you are taking board sufficient nutrition (specifically carbohydrate) and hydration
6. Ideally refuelling with a meal or shake containing carbohydrate and protein asap after completion training session. Milk shake ideal as quick to prepare and rapidly digested.
7. Micronutrients: vitamin and minerals. Important ones: Vitamin D, iron, calcium. Are you eating enough fresh produce, and able to get sunlight on skin? You may need to consider sport approved supplements during times of high training load. Pending the vitamin D level from your finger prick blood result, I will advise you if/what dose sport approved Vitamin D.

Examples of:

Carbohydrates: Sport Approved gels/drinks during and after ride. In food: bread, pasta, rice, cereal

Protein: Sport approved products for recovery shakes. In food: meat, fish, dairy (milk, cheese), nuts

This advice will be discussed with you. If you are unsure about any of above please ask.