

Gymnastics Nutrition Guidance



Competition nutrition

Breakfast Options:



4 eggs
boiled/scrumbled/poached on 2
slices wholegrain toast



170g Greek yoghurt with 75g
muesli and fruit



Blueberry Bircher's muesli



wholegrain bagel with nut
butter



2-3 toast with 1/2 avocado
mashed



75g porridge oats made with
milk topped with 5 toasted
walnuts and 1 tspn honey



baked beans on wholegrain
toast



75g porridge oats with frozen
berries and 170g Greek yoghurt
topped with 10g honey

STAY HYDRATED CONSIDER USING AN ELECTROLYTE IF:

- YOU KNOW YOU HAVE HIGH SWEAT LOSSES
- THE TEMPERATURE IS WARM
- YOU STRUGGLE TO DRINK WATER AND NEED FLAVOUR TO HELP YOU DRINK SUFFICIENTLY

FOR THOSE OF YOU THAT STRUGGLE TO EAT IN THE MORNING, CONSIDER USING 1-2 OF THE FOLLOWING OPTIONS THROUGHOUT THE MORNING TO TOP UP STORES:

DURING THE COMPETITION:

Stay topped up with snacks throughout the day to prevent energy and blood sugar lows and make sure you maintain hydration

Carb Based Snacks



2 slices malt loaf and 300ml glass of milk - 55g



Fruit smoothie made with 300ml milk/100g fruit yoghurt/2 handfuls frozen fruit and honey - 50g



Toast with avocado and feta - 40g
peanut butter and banana - 65g



2 weetabix with 300ml milk and banana - 70g



2 crumpets with fruit and 100g Greek yoghurt - 50g



4 oatcakes with mackerel pate/cream cheese/houmous - 30g