

# FUEL FOR EXERCISE

COMES FROM THE NUTRIENTS IN OUR DIET



**CARBOHYDRATE**  
4 kcal/g



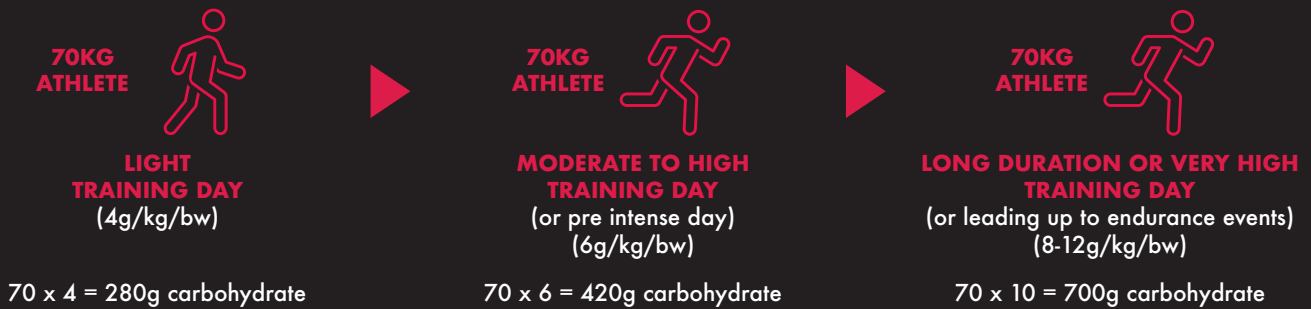
**PROTEIN**  
4 kcal/g



**FATS**  
9 kcal/g

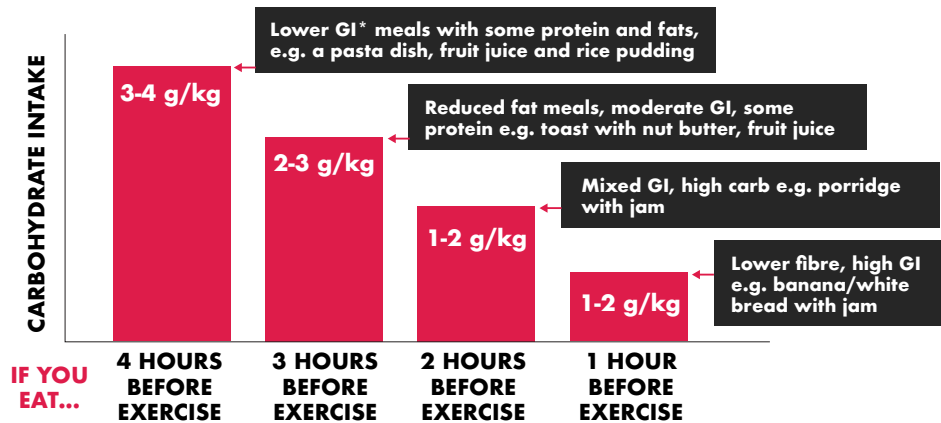
CARBOHYDRATES TEND TO BE THE PREFERRED ENERGY SOURCE FOR ATHLETES

## TOTAL NEEDS



## PRE-EXERCISE NUTRITION

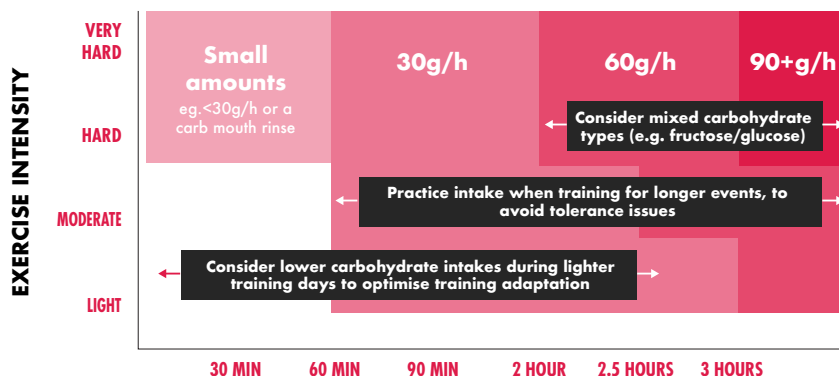
TYPES OF MEALS YOU COULD EAT BEFORE EXERCISE, DEPENDING ON WHAT TIME YOU EAT



\*GI/Glycaemic index = a measure of how quickly a food causes our blood sugar levels to rise

## DURING EVENT NUTRITION

AIM FOR HIGH GI FOODS WHERE POSSIBLE, BUT GELS OR CARB DRINKS SUITABLE WHERE NEEDED



DANONE

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