
ORIENTEERS' FOOD

EAT LEAST :

Fatty foods, oils, sugar, alcohol, fats. However, you should eat at least one tablespoon of oil per day, preferably olive, linseed, walnut, or canola oil.

EAT MODERATELY:

Fish, meat, yoghurt, eggs, chicken, turkey, nuts, milk, cheese

EAT MOST:

Vegetables, fruit and fruit juice, legumes, cereals and cereal products, include rice, oats, millet, rye, spelt, as well as corn and wheat.

For optimum racing & training performance, you must be fully hydrated, and have high stores of glycogen in your muscles. These depend on good training programmes & good eating & drinking habits.

CARBOHYDRATES

Low Glycaemic Index -GI Less than 55 (Eat before training)

Apples, Citrus, dried apricots, grapes, peaches, pears, plums, Baked beans, lentils, yoghurt, milk

Moderate Glycaemic Index – GI 56-70 (Best before training)

Bananas, Figs, Pineapple, Basmati Rice, Oatmeal, Pasta, Muesli, Rye, Spelt, Sweet potato

High Glycaemic index - GI more than 70 (Best after training to enhance recovery)

Glucose, sugar, bread, potatoes, sweet corn, honey, raisins, watermelon, Gatorade or other sports drink, lollies, weetbix, cornflakes, rice bubbles, low amylose rice

Recommended intakes

- **Sedentary person:** 4.5gm carbohydrate per kg body weight per day
- **Endurance athlete:** 7-8gm carbohydrate per kg body weight per day
- **Carbo- Loading diet:** 9gm carbohydrate per kg body weight per day

FLUIDS

Best: Cool water. Keep a water bottle in the car to drink when travelling to events. Have chilled water to drink after the event.

Weigh yourself before & after training to check fluid loss. Each kilo lost means you need to drink a litre of water to replace it.

Useful: Sports drinks with 5-8% glucose content. These are especially useful if a session or event is to last more than one hour, & essential if over 90 minutes.

Power gel supplements to drink with water are useful for long events or training sessions, as they are light to carry

AVOID

Excessive caffeine, alcohol, going long periods without water, missing meals, unusual, spicy, disagreeable or new foods before racing

SAMPLE TRAINING DIET for 60kg athlete (7gm per kilo)

FOOD	CARBO (g) APPROX
Breakfast:	
1 cup cereal with low fat milk	35
1 large glass juice	30
1 slice bread with	12
1 poached or boiled egg	
Snack:	
1 breakfast or muesli bar	25
1 apple	20
Water	
Lunch:	
1 sandwich on bread with beef, chicken, tuna or egg	25
1 tub low fat yoghurt	25
1 cup fresh fruit salad	25
Pre-training snack	
1 slice fruit loaf with	18
1 tsp honey	5
1 banana	25
Dinner:	
Lean meat, fish, poultry or legumes	85
1 1/2 cups rice or 2 cups pasta or 2 large potatoes or 4 slices bread	
1 cup steamed vegetables	5
Water	
1 serve fruit or juice	20
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<b>TOTAL</b>	<b>420G</b>