

Nutrition During a Ride or Run

Created by Stacey Rogers

Product Type	Examples	Notes
Gels	<ul style="list-style-type: none"> Winners Science in Sport (SIS) High5 Torq gels Shotz <p>There are many gels available, however these are the ones that are of a thinner consistency</p>	<ul style="list-style-type: none"> If you have trouble with the texture and thick consistency of some gels try to find thinner, more fluid like options Another idea is to mix your gels with water prior to commencing your run in a bottle that you can carry or place in a fuel belt (if you have one). You can sip on this throughout the run instead of having to carry or open gels. It also ensures that you take fluid with your gel.
Gel blocks, chews, gummies	<ul style="list-style-type: none"> Clif Blocks GU Chomps Gatorade Energy Chews Powerbar Energy Chews 	<ul style="list-style-type: none"> You will have to take water with these, however they do offer some variety to your nutrition
Sports & Energy Bars	<ul style="list-style-type: none"> Winners energy bars (available in Coles) Clif Bar Science In Sport (SIS) energy bars 	<ul style="list-style-type: none"> Some bars can be very sticky and chewy so it is a good idea to shop around and try a few out to find what you like if this is something you would like to use on your run
Sports & energy bars	<ul style="list-style-type: none"> Powerade Gatorade Endura Glucodin powder 	<ul style="list-style-type: none"> Glucodin powder (available at Coles) mixed in water is an option if you don't like commercial products. The powder will slightly sweeten the water, however not to the same extent as commercially available products
Lollies	<ul style="list-style-type: none"> Jelly beans (Glucojel) Starburst snakes Killer python 	<ul style="list-style-type: none"> Make sure you take water with the lollies otherwise you will be very thirsty a few hundred metres down the road
Other suggestions	<ul style="list-style-type: none"> Raisins/sultanas Banana Vegemite, honey or jam sandwich Muesli bar (Carman's) 	<ul style="list-style-type: none"> Choose white bread over wholemeal or wholegrain options to reduce risk of stomach discomfort

ASPIRE Nutrition & Fitness

Stacey Rogers (Dietitian)

aspirenutritionfitness@gmail.com

Mob: 0400 855 685



Healthy Energy Bars

(Taste.com)

Here is a recipe I use regularly which you might like to try and adapt to what you like

Ingredients

- 3 large ripe bananas
- 3 cups traditional rolled oats
- 1/4 cup finely chopped dried dates
- 1/4 cup finely chopped dried apricots
- 1/4 cup slivered almonds
- 1 teaspoon ground cinnamon
- 1 ½ teaspoons vanilla extract



Method

1. Preheat oven to 180°C/160°C fan-forced. Grease a 16cm x 25.5cm (base) slice pan. Line with baking paper, extending paper 2cm above edges of pan.
2. Mash banana until smooth. Add oats, dates, apricots, almonds, cinnamon and vanilla. Stir until well combined. Spoon into prepared pan. Using the back of a spoon, press evenly into pan. Bake for 30 to 35 minutes or until golden. Cool completely. Cut into small bars. Serve.

Tip:

- You can change the type of dried fruit you include depending on what you like
- The oats can also be substituted for other grains such as amaranth, spelt, buckwheat or millet to name a few

ASPIRE Nutrition & Fitness

Stacey Rogers (Dietitian)

aspirenutritionfitness@gmail.com

Mob: 0400 855 685