



ROSE PEDALS

# Nutrition

*Proper nutrition before, during, and after riding will help you to perform better and feel stronger.*

## Pre-Exercise Food

Your muscles need fuel in order to exercise, much like cars need gas to run. The best foods to eat before exercising are carbohydrates. They consist of simple sugars (e.g., fruits) and complex starches (e.g., potatoes, rice, and bread). It is best to choose foods with a low Glycemic Index (GI). GI refers to how quickly food enters your bloodstream as sugar, ready to be used by your body. Low-GI foods enter your bloodstream slowly, thereby providing sustained energy.

*Pre-Exercise Foods: apple, banana, milk, yogurt, grapefruit, oatmeal.*



\*Eat at least 1 hour prior to exercise to ensure proper digestion.

## Eating During Exercise

If you exercise for more than 60 minutes, you will need to eat and drink while you ride. Consuming carbohydrates will help maintain your energy level and prevent you from “bonking”. Energy from food, in the form of glycogen (a form of sugar), is stored in the liver. When its stores run low, the liver is unable to release glycogen (i.e., sugar) into the bloodstream, resulting in low blood sugar. You will begin to feel uncoordinated,

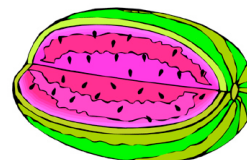


light-headed, unable to concentrate, and weakened. To avoid “bonking”, consume at least 100 calories per hour of solid or liquid carbohydrates.

*Eating During Exercise: sports drinks, banana, sports bars, water.*

## Eating After Exercise

By carefully selecting the foods you eat after exercising, you will help your body replenish its energy stores. This will enable you to perform better the next time you



exercise. However, replacing fluids lost through sweating, should be your first priority.

*Replacing Fluids: sports drinks, watermelon, juices, water, grapes.*

The sooner you eat after exercising, the faster the body will be able to replenish its energy stores. Foods with a moderate-to-high GI will fill up energy stores faster.

*Eating After Exercise: orange juice and a bagel; cranberry juice and yogurt; bowl of cereal and a banana.*