

## **Healthy snacks**

We all lead busy lives and this sometimes leaves little time for planning your meals. Skipped meals, irregular meal times and hurried fatty snacks will leave you low in energy, glycogen and important vitamins and minerals.

Try planning your day in advance and take what food you need with you for the day's demands. It will mean that you won't grab the nearest snack when you are hungry which will often be fatty or sugary.

You could prepare some meals in advance at weekends and freeze them and then take them to work. You could also get some healthy alternative snacks listed below and make sure you have a supply of these both at work and at home.

### **Eating healthily for marathon running**

Include at least one piece of fruit or a vegetable with each meal.

If you have chips make sure that you have a salad too.

Eat breakfast everyday even if that means taking it with you to work (see healthy snacks below).

If dining in restaurants, try to eat more carbohydrates i.e. pasta, potatoes, and vegetables and try to avoid sauces .

Stock your desk at work with healthy snacks.

Add salad to your sandwiches, which you can buy ready-made.

Drink plenty of water per day at least 2 litres and 1 litre for every hour of exercise you do.

Try to make your own sandwiches as pre-prepared ones often have high fat mayonnaise or butter.

Try to use wholemeal wholegrain bread. Avoid French baguettes at all costs.

### **Healthy sandwiches include:**

- Low fat soft cheese
- Tuna, tomato, watercress
- Turkey or chicken with coleslaw
- Ciabatta with reduced fat mozzarella, beef, tomatoes, olives
- Bap with chicken, dried apricots and tarragon
- Pitta bread with crumbled cheese and salad
- Pitta bread with cottage cheese
- Pitta bread with chicken breast and tomatoes

**If you go out to an Italian restaurant try the following:**

- Pasta with tomato, vegetable or seafood based sauces
- Pasta filled with spinach, ricotta, gnocchi, with tomato-based sauces
- Pizza with vegetable toppings
- Salads

**If you go out to an Indian restaurant try the following:**

- Chapatti, plain naan
- Chicken tikka
- Tandoori dishes
- Chickpea dishes i.e. channa dahl
- Lentil dishes i.e. dahl
- Dry vegetable curries
- Vegetable side dishes

**Healthy snacks**

The following snacks can be taken with you and eaten when travelling. They can all be prepared the day before and packed for the next day.

- Sandwiches, bagels, rolls and English muffins
- Fresh fruit
- Carrots, celery, peppers
- Fruit bars, cereal bars, energy and protein bars – although be careful as some are full of fat.
- Malt loaf
- Raisin bread
- Low fat yoghurt, cottage cheese
- Foil wrapped chicken or turkey breast
- Yoghurt drinks

**Keep these in your drawer at work**

- Low fat crackers
- Breadsticks
- Rice cakes
- Dried fruit, apples, apricots, dates, raisins
- Long life fruit juice
- Tinned fruit in a can
- Oatcakes
- Plain popcorn
- Mini boxes of cereals
- Fig rolls

Try replacing the following with:

Snack	Healthier option
Crisps	Plain popcorn
Tortilla chips	Breadsticks
Digestive biscuits	Rice cakes
Chocolate biscuits	Oatcakes
Chocolate bar	Fruit bar
Doughnut	Current bun
Sweets	Raisins
Dairy ice cream	Low fat yoghurt
Slice of cake	Banana

Eat your last big meal at least 3-4 hours before competition or training. A snack within 2 hours of competition should be rich in simple carbohydrates and low in fibre. In the final hour before the start, drink a bottle of sports drink, another 8-16 ounces of water and an energy bar or gel.

### **Disclaimer**

*Young Epilepsy **strongly recommends** that you consult with your doctor before beginning any exercise or diet program. You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury.*

*If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge Young Epilepsy from any and all claims or causes of action, known or unknown, arising out of Young Epilepsy 's training program.*