

FORGOTTEN GEMS

BRINGING BACK THE BENEFITS OF REAL FOODS BY MEGAN PENTZ-KLUYTS

With energy bars and gels being the on-bike fuel of choice, it's easy to forget that real foods are as good for you (or better) on the bike as they are off it. They offer the same nutritional benefits, but without many of the processed preservatives that go into mass-produced exercise fuels.

So add some quick-energising *real* foods to your on-bike fuel

repertoire. They're easy to pack and access on the bike, and will keep you going on those long rides.

Bear in mind that just as you train your muscles, you may need to train your digestive system. Test potential new foods ahead of time. Don't make the common mistake of picking up food at your local supermarket the day before a key race, and then trying it on race day.

Handle Your Drink Fluid needs will vary according to exercise intensity, duration and weather conditions. A guideline is to drink approximately 150-200ml every 15-20 minutes – drink more if it's hot, humid, or if your sweat rate is high.

Carb Watch Arrange carbohydrate intake for rides over one hour in duration. Aim for about 30-60g of carbohydrate per hour. Consuming the higher end of the range is associated with greater stamina and endurance.



BANANA

WHAT'S ON

OFFER: EASY-TO-DIGEST NUTRITION GEM

This fruit is a cost-effective energy source, also rich in both vitamin B6 and potassium for energy production and fluid balance. A study published in the *PLoS One* journal showed that cyclists choosing bananas over a carbohydrate-filled drink were able to complete a 75-kilometre cycling trial with no differences in performance measured.



PEANUT BUTTER AND JAM SANDWICH

WHAT'S ON

OFFER: MULTI-NUTRITIOUS STAPLE

This versatile cult favourite offers the perfect ratio of fast-acting carbohydrates to protein – great snack choice for during longer events, and as a recovery food. Most of the kilojoules are made up of heart-friendly mono- and polyunsaturated fats.



JELLY BABIES/MARSHMALLOWS/NOUGAT

WHAT'S ON

OFFER: SWEET TREATS TO SAVOUR DURING LONG EVENTS

Easy to access and consume, these foods are high in fast-acting carbs to help fuel those working muscles on the bike. Perfect for a quick energy kick, or as a saving grace from an impending bonk.



SALTED PRETZELS

WHAT'S ON OFFER:

SOMETHING SAVOURY.

Sodium stimulates thirst, and increases fluid absorption and retention; and the carbs provide energy. Consuming sodium sources such as pretzels along with your fluids can encourage fluid intake by driving your thirst mechanism, forcing you to drink more and make full use of the liquids you ingest.



RAISINS/DATES/DRIED FRUIT

WHAT'S ON OFFER: HUNGER-SATISFYING FRUITY GOODNESS

A study published in the *Journal of Strength and Conditioning Research* found in two different trials that when equal caloric values of raisins and sport jellybeans were consumed, there were no significant differences in endurance performance for time, power, blood-glucose levels, or rate of perceived exertion. In addition, the athletes preferred the raisins (as measured on a hedonic scale).



HOT CROSS BUNS

WHAT'S ON OFFER: BUNS FILLED WITH DRIED FRUIT, MIXED SPICE AND A PINCH OF SALT.

One bun is packed with 30g of carbs, to provide the glucose needed to keep going on the bike. Raise the carb count even further by drizzling with honey or a smear of jam; or choose Marmite, to up the salt and B-vitamins – this last aids in breaking down carbohydrates and turning them into energy. ⚙️