

TOP NUTRITIONAL TIPS



BREAST
CANCER
IRELAND
researching a cure
**PINK
RUN**



TOP TIPS TO GET THE MOST FROM YOUR DAY!



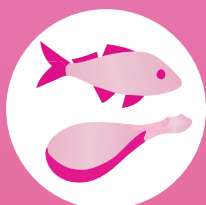
Keep hydrated! Did you know that even 2% dehydration will impact how hard you find today's event!



Hold off on the fruits, vegetables, nuts and seeds in the morning before the event to avoid your gut moving quickly!



Increase your complex carbohydrates!
What a lovely excuse for a scone or some toast on the morning of the event.



Always include some protein to feed our muscles and bones to keep them strong.

5g of Protein:

- 50g of quark or Greek yoghurt
- 125g pot of yoghurt
- 125g pot of soya yoghurt
- 1 medium egg
- 30g of soft cheese
- 20g of cheddar cheese
- 1 large tbsp of nut butter

10g of Protein

- 1 pint of milk or soya milk
- 300g pot of cottage cheese
- block of tofu
- 1 medium fillet of fish
- 1 chicken breast
- 1 ball of mozzarella
- 2 slices of meat

20g of Protein:

- 300ml of milk or soya milk
- 30g of wholegrain cereal
- 200g of baked beans
- ½ drained tin of peas, lentils, kidney beans, chickpeas (150g)
- 75g of quorn mince
- 2 turkey rashers



Rehydrate and recover well after the event with nature's sports drink. A pint of milk provides water and electrolytes to rehydrate, protein to repair muscles and carbohydrates to refuel muscles. If you're doing the 10km option, be sure to also have some fruits or a granola bar too.

Haven't signed up yet? It's not too late!

[SIGN UP HERE](#)