



INDEX

Index	Page	1
Food balance	Page	2
Various groups of food	Page	3
Advised frequency of consumption	Page	4
Food diagram: balanced menu	Page	5
General advices	Page	6
The 3 days before the race	Page	6
The day before meal	Page	7
The last meal before the competition	Page	9
Feeding during the race	Page	11
Feeding after the race	Page	12
Conclusion	Page	12

Food balance

The way we feed ourselves plays a major role in our health's balance. This role is even more important for you who have a high level physical activity.

A sportsman's food is basically the same as a sedentary person's one. It must be well balanced, diverse and regularly shared thru the day. Only the calorific supply must be increased.

But what is a balanced feeding ?

The food was divided into groups. Within each group, the food is in identical composition, or very near, and in this fact interchangeable. Each group is symbolised by a form. You will discover the various food groups in the following table.

A food of each group at each meal ensures you a balanced feeding. So take care of the composition of your menus. If your appetite is not sufficient to eat a food of each group at each meal, it is always possible for you to take a food of a group at another time of the day.

Various groups of food	Principals vital elements brought by each group
Group ● milk, yoghurts cheeses dairy produces (egg custard ...)	- proteins (= building materials and for maintenance of the body) - calcium (bones solidity)
Group ■ all the meats, offals (liver ...) fish, eggs low-fat prepared meat (dried meat, ham, smoked ox ...)	- proteins - iron
Group ▲ all the vegetables all the fruits, fruit juices, vegetable juices	- vitamins - minerals (potassium, magnesium ...) - fibers
Group ◆ bread, potatoes cereals (pasta, rice, millet, polenta, porridge ...) dried vegetables (lentils ...)	- carbohydrate (= energy) - vitamins } especially in - minerals } complete cereals - fibres }
Group ▽ visible fats: oil, butter, margarine, cream hidden fats: prepared meat, meats, pastry, crisps, cheeses, nuts, hazelnuts, almonds...	- energy - vitamins (in oils, butter, margarine)
Group ■■ sugar, jam, honey, ice cream, sorbet, chocolate, pastry ... soft drinks (Coke ...), soft fruit juices	Group aside of the preceding groups because these foods do not bring vital elements to the organism. They bring fats and sugar.
Drinks Water is the only essential drink !	

Advised frequency of consumption	Actual tendencies who provoke an unbalanced feeding
at least 2 to 3 portions per day a portion: 2 dl milk or 180 g of natural yoghurt or 30 g of cheese	Consumed in too big quantities, cheeses are an important source of animal fat.
- a portion of 100-120 g meat, midday or evening, + another portion - a food of this group can be replaced by a food of the ● group	The current meat consumption is much too high. Think of fish, eggs and especially of food from the ● group !
- at least 3 fruits or fruit juice per day - at least a vegetable portion (believed or cooked) by meal	} These ingredients are often missing in the daily food. The food from the } ◆ group are essential to sport activity. } They allow to build up } energy reserves (= glycogene).
- at least with the three principal meals - possibly as a snack	
- chase for hidden fats: fat meats, fatty prepared meats - our needs are much lower than our current consumption - approximately 1-2 soup spoons per meal of colza or olive oil	
To be consumed in small quantities in desserts, snacks, before, during, after effort. Mind the soft drinks: 1 litre of Coke has 20 sugar cubes !	Theses foods, appreciated by all, are eaten in too much quantity. They temporarily calm the hunger but cut-off the appetite for other foods (groups ▲ and ◆).
Drink at least 1.5 litre or 2 litres per day. Increase the quantity on training days.	Reconcile yourself with water Drink before being thirsty.

Food diagram: balanced menu

Breakfast (menu example)	Lunch (menu example)	Snack (menu example)	Supper (menu example)
● milk	■ meat	◆ pain	■ or ● eggs or cheese
▲ fruit juice * not sweetened	▲ vegetables	● cheese	▲ salad
◆ cereals (ex. porridge)	◆ potato	▲ fruit	◆ cereal (pasta or rice ...)
▲ milk fats	▲ raw fruit *	▲ fats from cheese	▲ cooked fruit
	● milk product * (ex. Egg custard)		▲ fats from eggs or cheese + fats for seasoning
	▲ greases contained in meat + greases for the cooking of food		
* can be taken like as a snack during the morning	* can be eaten out of the lunch time, as a snack		

General advices

- Begin the day with a copious breakfast: after one night without eating, our body needs "fuel" to start on good basis ...
- Split the food into 3 or 4 meals per day.
- Take the meals in a relaxed atmosphere and chew the food well: a good digestion depends on it.
- Eat variously to ensure a sufficient contribution of vitamins and minerals.
- Drink sufficiently in the day preferably apart from the meals.
- Consume few fats (avoid fried things).

The 3 days before the race

- ... plan food richer in carbohydrates than usually (eat more food of the ◆ group) in order to increase your muscular glycogen stock. So your body can provide, the day of the competition, a longer duration effort.
- Content yourself, these days, with light training.

The day before meal

It is to be easily digested and rich in carbohydrates. Do not forget to hydrate yourself (out of meal time).

Which food and which mode of cooking you have to choose ?

- Lean meats: roasted, grilled, boiled.
- Dried meat, low-fat ham, smoked beef and turkey.
- Plain fresh or frozen fish: baked, poached, roasted, in alu foil paper.
- Eggs cooked with little or not fats.

These foods of the ■ group are not essential the day before of a competition; they will be excluded from this meal or consumed in small quantity.

- Cheeses (avoid fermented cheeses, with Gorgonzola type moulds), dairy produces (egg custard...), yogurts, milk.
- Pasta, rice, polenta cooked in water, in stock.
- Boiled potatoes, in stock, steamed, baked, in milk.
- Fresh, canned, frozen, plain vegetables (avoid vegetables causing distensions: beans, aubergines, cabbages, salsify, pepper, mushrooms ... as well as dry vegetables).
- Fats (oil, butter, margarine) are to be eaten raw (to season cereals, steamed vegetables ...).

- Fresh, caned, frozen fruits (ripe).
- Dry biscuits.
- Seasonings: low-fat gravy, low-fat sauces, tomato coulis (avoid spiced sauces, garlic, onion).

Composition of the meal the day before the race

▲ and/or ◆	cereal and/or vegetable soup
■ or ●	100 g of meat or fish or 2 eggs or cheese (preferably)
◆	pasta or rice or potatoes and bread
▲	salad or cooked vegetables
▲	raw or cooked fruit
▶	fats in food from the ■ or ● groups, + seasoning fats
WATER	

The last meal before the competition

Its composition depends on the departure hour; it takes place at least 3 hours before the departure signal. It is also to be easy to digest and rich in carbohydrates.

For the Zermatt – Verbier course competitors:

- **Departures at 2200, 2300**

The last meal is the evening meal.

While waiting for the departure, drink regularly every hour:

- either natural water (without gas);
- either a slightly sweetened drink (recommended for the anxious people !) which sugar content will not exceed 25 g per litre.

For example, you can:

- prepare 1 l of tea sweetened with 5 sugar cubes.
- dilute a carton of 2,5 dl of fruit juice not sweetened (= without sugar addition) in 7,5 dl of water.
- from carbohydrate powder products proposed in the trade, you can dissolve:
 - 25 g of Isostar, of Perform (Wander product) in 1 l of water;
 - 2 mesures (=28 g) of Isodrink (Migros) in 1 l of water.

- **Departures at 2400, 0100, 0200, 0230**

Between the evening supper and the departure hour, plan a snack:

- sandwich (bred with a small portion of cheese);
- dried fruits;
- cereal bars;
- bars, energetic biscuits;
- not sweetened fruit juice carton.

Also drink every hour.

For the Arolla – Verbier course competitors:

- **Departures at 0400, 0430, 0500, 0530, 0600, 0630**

The breakfast is copious and eaten as soon as possible before the departure hour. It is difficult, in this case, to respect the 3 hours margin between the end of the last meal and the departure signal.

All the more to take the time to chew well your food !

Feeding during the race

Eat and drink regularly, if possible, **every 20 minutes** throughout the course. Be able to waste time to gain some!

- The feelings of tiredness and weakness are consequences of dehydration decreasing your performance.
- Prepare yourself slightly sweetened drinks (with a higher concentration than before, 25-60 g of sugar per litre). See previously the different sweetened drinks you take with you.
- Too sweetened drinks (80 g of sugar per litre), too rich in salt, remain longer in the stomach and can bother you.

The regular supply of energy (carbohydrate) is also necessary as:

- cereal bars;
- dry fruits;
- energy bars, pasta, energy-giving biscuits;
- sweetened drinks.

A great number of products are proposed in the trade and are interesting within the framework of this competition:

For example:

- Sportive Perform (Wander)
- Nergi Sport (dietetics and health)
- Fit, Sport Vit (Migros), etc ...

Feeding after the race

You need to eliminate toxins accumulated during the effort, to repair the losses, to rebuild the stocks.

As soon as arrived, drink lots, by small quantities but often.

During 24h to 36h, the different meals are to be easy to digest, few fat; avoid food of the ■ group.

The following days, usual food is taken again, i.e. a balanced, diversified and ... appetizing food !

Conclusion

From this brochure, it is for each one to adapt his food, personalizing it according to his tastes and his experiences.

A regular training associated to a good feeding will enable you to take part under the best conditions to this remarkable competition.

Do not test new feeding during a competition.

Do not wait to be thirsty to drink.

Good race !