

# INFORMATION SHEET

## FUELING YOUR BODY



### How much energy do we need?

Generally hill walkers in the mountains burn around 5,000 calories a day, which is similar to the amount of energy as a marathon runner. This makes it difficult to consume as much energy as you burn when you are out.

### What should we eat?

Breakfast is the most important meal of the day! and this needs to be formed of high energy carbohydrates, ideal choices would be - porridge, muesli or beans on toast.

Nutritionists and dietitians use the Glycaemic index [www.glycemicindex.com](http://www.glycemicindex.com) as a measure of how quickly carbohydrates get into the bloodstream.

Foods like white bread, white rice and potatoes have a high GI but whole grains and some fruits like apples have a low GI. So for hill walking and mountaineering, meals with a low GI are a good idea because this means that glucose will be released steadily in to the bloodstream for a longer period after the meal.

### Eating strategy?

As well as eating a good breakfast before you go out, it is equally as important to keep your fuel reserves topped up during the day. If you don't you will become fatigued much more quickly and find it hard to catch up with your fuel intake. If you don't eat soon enough your performance will dip significantly and as your blood glucose bottoms out you may feel symptoms such as shakiness, lightheadedness and even develop a



headache. So we recommend that you take a snack break every hour with a mix of high and low GI snacks which can consist of cereal bars, energy bars, energy gels and nuts, aiming at around 200-400kcal per hour depending on your level of exertion.

A longer lunch stop is advised to rest the body and take in a larger load of fuel this can consist of sandwich of lean, chicken, or ham with cheese, some nuts an apple or pear and if its cold a hot drink (soup is always a tasty option).



Keep going with the 'snack every hour' strategy throughout the second part of the day and if you are not feeling hungry, try using energy gels instead as this is a good way of taking in fuel without the bulk.

If you've got your strategy right during the day what about afterwards?

After your day out you will need to take in protein to aid muscle recovery so eat a good balanced meal which is high in protein, it is a good idea to eat as soon as you can after your return.

It is also important to keep hydrated so make sure you drink plenty of water when you get back. If you are on a trek then it's a good idea to make sure you are fully hydrated before you go to bed as your body will absorb the fluids over night, preparing you for the next day.



Checkout our Nutrition items at <http://goo.gl/bgDb2>

[www.outdoorhire.co.uk](http://www.outdoorhire.co.uk)