

BREAKFAST

(Mississippi Million Suggestions)

THE GOAL FOR BREAKFAST SHOULD BE TO CONSUME AROUND:

500-700kcal at breakfast

Focus on carbohydrate intake (approx. 150g) – 2-3 serves

Focus on protein – 1 large serve

Focus on hydration – sip on electrolyte/sports drink solution (500ml)

Avoid too much caffeine (1 cup ok)

Don't change normal habits too much

Avoid refined food, syrup or sugar as much as possible

<p>Carbohydrates 2-3 serves 1 serve = closed fist</p>	<ul style="list-style-type: none"> • Porridge (made with semi skimmed milk, rice milk, almond milk) try to add serve of almonds/nuts • Cereals including Muesli, Granola, Fruit n fibre, bran flakes • Milk • Fruit (see section below – can include diluted fruit juices as well) • Toast – brown & wholemeal bread (selection of jams, honey)
<p>Protein 1 serve</p>	<ul style="list-style-type: none"> • Scrambled, poached or boiled eggs (consider omelettes with vegetables) • Smoked salmon with lemon • Lean ham • Protein smoothie (whey protein, semi skimmed milk, added fruit) • Protein bar (High5, Bounce) • Handful of nuts (almonds, walnuts, brazils, chia seeds) –add to cereals/porridge/muesli
<p>Other</p>	<ul style="list-style-type: none"> • Mushrooms • Grilled tomatoes • Baked beans • Grilled vegetables (onions, courgettes, peppers) • Note: if having a full cooked breakfast – alternate days
<p>Fruit & yoghurt</p>	<ul style="list-style-type: none"> • Selection of fresh fruit (as applicable): apples, pears, bananas, kiwi, strawberries, raspberries, grapes, pineapple, mango • Low fat fruit yoghurts
<p>Drinks</p>	<ul style="list-style-type: none"> • Semi skimmed milk (also rice milk, almond milk) • Green tea, fruit teas, herb teas • Tea and coffee • Selection of fresh fruit juices (athletes to dilute) • Chilled bottled water • +300-500ml water (1/2 electrolyte tablet or half sachet High 5 Energy Source)

After breakfast aim to have 500ml bottle of water (with ½ -1 electrolyte tablet or half sachet High5 Energy Source) up to start of day stage

To get additional calories in – have a high energy flapjack or banana pre stage