

FUELLING GUIDE

<30MINS

- Gatorade/sports drinks
- Banana
- Grapes
- Lollies
- Dried fruit
- Juice

60MINS

- Muesli bar
- Hot cross bun
- Fruit toast
- Honey sandwich
- Rice cakes & honey
- Banana bread
- Pikeletes with jam

>2 HOURS

- Lean meat & salad sandwich
- Sushi
- Muesli & yoghurt
- Rice/beans & tuna
- Egg & salad wrap
- Crumpets with jam
- Pasta with tomato-based sauce