

FOOD FOR WALKING

Healthy eating tips



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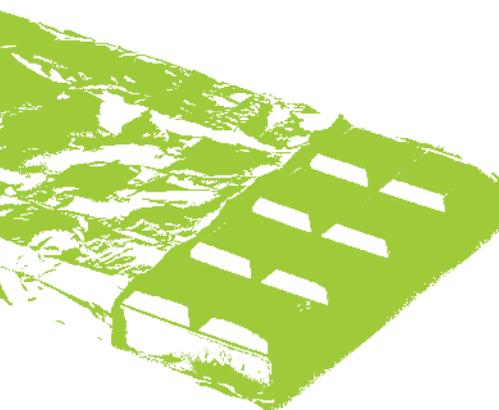
EATING FOR ENERGY



When you're out walking you use all manner of muscles, so it's important to eat foods that re-energise and nourish you. Now's the time to enjoy foods that are rich in carbohydrates as well as fatty acids and healthy sugars.

Carbohydrates are particularly important for sustained energy. If you don't eat enough beforehand, you may have to slow down or stop altogether, or risk suffering from exhaustion.

When deciding on what foods to take along with you, remember to consider the weight that you're carrying in your backpack. The food you pack should be light to carry and provide a lot of energy comparative to its size.



Typical lunch for a day of walking:

2 cheese or peanut butter sandwiches
Bar of chocolate
Banana or dried fruit or cereal bar



One for the road

The most important thing to remember is to drink enough water. Keeping well hydrated is the key to success on any walk. As we move, our bodies sweat to regulate our body temperature. This means we need to drink water to replace the loss of liquids, or risk dehydration and heat exhaustion. Remember: don't wait until you're thirsty to drink more water. Rather keep drinking at regular intervals throughout the walk. Thirst simply indicates that you've already lost a significant amount of fluid. Generally, you should aim to drink at least two litres a day and more when being physically active.

Although water is still the best option, these days there are a number of isotonic drinks available. They not only put fluid back into your body, they also increase the rate at which water can be absorbed by your body tissues.

Food for thought

Try to start the day with a decent breakfast, preferably eaten about an hour before you set off.

Change your mindset from 'three meals a day' to eating 'little and often' for sustained energy.

You will need to adapt how much you eat according to the distance and intensity of your walk. Go online to find fantastic resources with tailor-made menu suggestions for a range of walking distances and difficulties.

For more information visit [macmillan.org.uk/walking](https://www.macmillan.org.uk/walking)

Some of the information enclosed is from www.thewalkingsite.com

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