

Bike Food

What to eat and drink when you're riding.

The information in this article comes from my *Cycling Plus* magazine, and advice from fellow

Drink

Drinking enough is actually more important than being dehydrated, your efficiency on the bike can drop fast or slow you ride. On the other hand, if you ride without eating anything at all: your body can burn most people like to ride faster than this, so this

The main methods of carrying water are water bottles for road rides, as I like to ride with two large water bottles with me when I'm out down to only about a half a water bottle left, I'll water bottles will last me anywhere between about and humid it is.

When I ride off-road, I usually use a hydration pack are small backpacks with plastic bags with hoses

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you refill your water bottles.

You'll get the best effect (in terms of feeding your muscles) if you use a 7% carbohydrate. Since most energy drink powders are 1 gram of powder will give you 1 gram of carbohydrate, if you add your favorite energy drink powder to a liter of water (or a 1.5 liter water bottle) you'll end up with the right mix. To find out how many teaspoons give you the right amount, use a teaspoon to measure out the stuff.

If you have a higher concentration of carbohydrate, you'll slow down the absorption of the fluid, so this is not the thing to use. A 7% concentration is fine after you're finished to replenish the stores. A 10% concentration of carbs is fine, especially if you use a proper isotonic mix. It doesn't give you as many calories, but you'll end up drinking more, which is usually better.

Be careful with mixing instructions on the packages. Too much powder, resulting in a solution with more carbohydrate than for an isotonic beverage.

As for which energy drink to buy, I'd suggest you don't want to be more scientific than that, here are some of the different kinds of carbohydrates. Maltose, dextrose, and sucrose are broken down and get into your blood very quickly. Others, such as maltodextrin which take a bit longer to

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- Garibaldi biscuits

Avoid things like high-fat cereal or granola bars. Although they've got lots of calories, it will take your body a long time to make use of it.

Post ride

It's important to get some carbohydrates into you. During the first hour after you finish exercising, you're replenishing energy stores in your muscles, so you need to eat something to prepare for your next ride. As when you're riding, you need carbohydrates. The same foods that are good at the end of your ride are good for post-ride top-up, but since you're more likely to be eating something requiring a bit more preparation like

Riding your bike causes small amounts of damage (muscle ache in your thighs means). Thus a small amount of protein helps to help to repair any damage. But there's no need to eat a lot of protein in yogurt or baked beans on toast will be plenty.

If you don't feel like eating solid food, your energy levels will be low. Replenishment. If you've been drinking enough water, hydrating yourself, so you can mix up the energy drink you're riding. However, I often find myself quite tired (not enough) so I mix mine up fairly weak so it does

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needed to eat lots of food early in the day, well after dinner. I estimate that I consume somewhat more food intake while touring.

For balanced-diet considerations, I found it hard to eat while touring: typical breakfast foods seem to be high in fat with high-fat chips (french fries) instead of rice. Dinner dinners based on the quantity of veggies they eat. I increase my intake by stopping in villages to buy bananas and other fruits for consumption. Several times I remember seeing a store window and being irresistably drawn in to buy