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Nutrition & Hydration Quick Sheet

What not to do

Avoid heavy alcohol consumption the night before speaking, and also heavy caffeine consumption on the day

Avoid refined sugar products, to ensure you don't suffer sugar crash when speaking.

Starting the day right

Breakfast like a king on the day of your talk; Here are two options for a healthy, energy-giving breakfast:

- Porridge with honey, cinnamon and fruits of your choice: berries or bananas work well
- Athlete's option: combination brown, wild and red rice with boiled or poached eggs, plus white or oily fish (salmon works well)

If you really aren't a breakfast person (please do try to change that!) or you feel too nervous to eat, a protein shake could be the answer. Try one of these if you have access to a blender:



- Liquid breakfast: oats, almond/coconut/goats milk, pumpkin seeds, banana, manuka honey, whey powder, avocado
- Fruit shake: coconut water, banana, strawberries, blueberries, apple, honey, pumpkin seeds, chia seeds, whey powder

Adjust for any dietary conditions or allergies of course.

For other meals before speaking, aim for a mediterranean diet: oily fish, roasted or grilled vegetables or salad, olive oil, balsamic vinegar. Brown rice is a great carb if you want one, high in protein and vitamin D.

Drinking well

Hydrate well throughout the day with still water, sipping regularly. Most experts now recommend drinking two litres (four and a half pints) of water daily.

You can also sip herbal teas, laced with honey, either just before or even during longer talks.