

Best Foods For Cycling



01

Bananas

- Potassium is good when it comes to giving the body a burst of energy before a long session



02

Eggs

- Filled with protein and can improve your health as a whole
- Don't eat them right before a cycle as they may be a bit heavy for your stomach and cause nausea



Raisins

- Low in calories and cheap to buy, easy to eat on the move



03

04

Peanut Butter

- Good source of protein and tastes great at the same time



05

Almonds

- Filled with healthy fats, protein and fiber



06

Spinach

- Almost every type of nutrient packed into one powerful food, it includes iron, magnesium, calcium, and vitamins C, E, K, B9, and B6



07

Avocado

- Lightweight, easy to add to your meals, full of healthy fats and potassium



08

Bonus Tip

- Don't forget to hydrate with water or an energy drink



Cyclists Food Guide

M Carnoy



Cyclists Food Guide:

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