

## Eating on expeditions

If you're lucky enough to be going hiking or camping in the near future then step this way as we explore the rights and wrongs of outdoor nutrition. Most people are now aware that *you are what you eat* and nowhere is this truer than out there in the great outdoors. Your nutrition plans should be given as much time and thought as the kit you're taking, the activity you're doing or maybe even the people you go with..



Great group member if you could get him...



The main rule of eating and drinking in an outdoor environment is to not to underestimate the amount of food and drink you and your group will require for the expedition. Over-packing is therefore less of a problem and always remember that although it may seem a bit heavier at the start the more you eat, the lighter it gets! The average male and female requires 1500 and 2000 calories respectively to function normally but when you are out on an expedition you will sometimes require up to 3 times this amount. This may seem like a lot but then you will be doing a lot of walking/running/jumping/carrying/cycling etc.

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How you get these calories is also important with the ideal ratio being 60% carbs, 20% protein and 20% fat. If you can, try and go for starchy carbs such as pasta, which will provide a slower and more even stream of energy, ideal for a long day outdoors. If you do ever feel weak then you can gain a quick energy boost from fruit spreads or sweets and if you just cant resist, chocolate (although this may lead to a bigger sugar crash after the energy boost so be aware of this). It is also of critical importance to ensure you stay fully hydrated throughout your day, but don't over-drink as you might lose vital minerals like sodium, not to mention the constant toilet stops! If you do have to drink from a stream, make sure it's flowing water and use water purification tablets (with a splash of cordial) or alternatively boil any water you collect



Eating outdoors doesn't have to be all boring though; experts have recently suggested that a post-exercise chocolate bar can actually increase the 'good' cholesterol in your body. Added to this there are some (relatively) tasty meals that can be made even when you're stuck at the top of a hill. We've got 3 nutritious and tasty meals to give you an idea of what culinary masterpieces can still be rustled up. We'd love to hear any of your ideas so please add your suggestions in the comments section below:

### **Couscous with Mushrooms and Tomatoes**

1/2 Cup couscous  
4 sundried tomatoes  
3 dried mushrooms sliced  
1 chicken stock cube  
1/2 T. onion flakes  
1 t. parsley flakes  
1/4 t. black pepper



To cook it just bring 1-1/2 cups of water to a boil, add ingredients, cover and let sit 4 minutes

### **Spaghetti Bolognese**

300g pasta  
tomato sauce sachet  
1 Pepperoni per person  
1 tin sweet corn

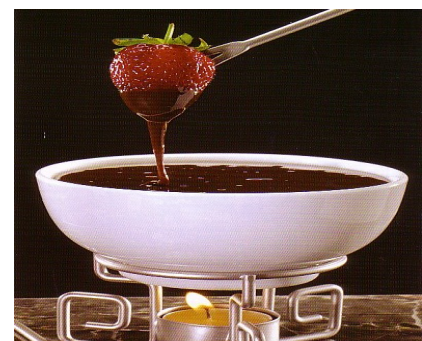


Cook pasta until soft, pop the sauce in, then the pepperoni slices and finally add the sweet corn and serve when piping hot. Add any seasoning you may have for an extra bit of flavour!

### **Cheeky chocolate fondue**

As much chocolate as you can handle..  
Marshmallows  
Dried fruit

Line saucepan with tin foil then melt chocolate until runny, use forks to dip in marshmallows or fruit and enjoy..



It may not look quite like this...