

# Food alternatives to supplements



**1 x Energy gel**  
(25g carbohydrate)

Consider **one** of these instead

**4 to 5 Jelly sweets eg. jelly babies**  
(20-25g carbohydrate)

**60-70ml diluting juice/cordial** (not sugar free)  
**made up to 500ml with water**  
(25-30g carbohydrate)

**1 banana**  
(20-25g carbohydrate)



**1 x Protein shake**  
(20-25g protein per serving)

Consider **one** of these instead

**200g Greek yoghurt**  
(20g protein)

**560ml semi-skimmed milk**  
(20g protein)

**650ml fortified soya milk**  
(20g protein)



**Make your own protein smoothie**  
(18g protein)

1 x cup milk (250ml)  
2 x tbsp Greek yoghurt  
1 x handful berries  
Blend together



**1 x Hydration tablet**

Consider making your own instead

**Homemade hypotonic drink**

100ml - no added sugar squash  
A good pinch of salt  
Water - make up to 500ml



**Recovery shakes**  
(25g carbohydrate AND 20g protein)

Consider **one** of these instead

**Instant porridge pot with 2 tbsp nut butter**  
(30g carbohydrate/18g protein)

**2 slices wholemeal bread with one of the following options:**

- **2 eggs**  
(30g carbohydrate/20g protein)
- **A small can of tuna fish**  
(30g carbohydrate/24g protein)
- **1 chicken breast**  
(30g carbohydrate/35g protein)

**Greek yoghurt (125g) with frozen berries (3tbsp) and granola (50g)**  
(34g carbohydrate/20g protein)



**Make your own recovery smoothie**  
(30g carbohydrate/19g protein)

½ x banana  
1 x cup milk (250ml)  
2 x tbsp Greek yoghurt  
1 tsp honey  
Blend together



**ASSESS THE NEED**

**ASSESS THE RISK**

**ASSESS THE CONSEQUENCE**



If you decide to take ANY supplement - make sure it is batch tested and keep a record of your searches and batch test certificates  
<https://sport.wetestyourtrust.com>



sportscotland.org.uk