

YOUR NUTRITION PLAN

Follow Cosmo Bride's simple food strategies to look and feel amazing for your big day.

GET ENOUGH SALT

Without it, your health and ability to exercise effectively and safely will suffer. "Salt is essential for numerous bodily functions, including the regulation of fluid, absorption of nutrients, muscle control and nerve impulses," explains Morris. "Most Australians consume adequate amounts of salt, however, some endurance athletes may be at risk of low sodium levels due to excess sweating, and could suffer nausea, cramping, dizziness and disorientation as a result."

CARB MANIA

Don't buy into the no-carbs hype - they're an important part of any healthy diet. "Cutting essential carbohydrates from your diet may leave you feeling flat, fatigued and lethargic,"

warns Morris. "If you want to get the most out of your workouts, you need to provide your body with the best possible sources of energy, including healthy complex carbohydrates like wholegrain breads and cereals, brown rice and pasta. Just keep in mind that while carbs are essential, you should avoid consuming excessive amounts of them, as the body will convert them to fat."

BEWARE OF THE DETOX

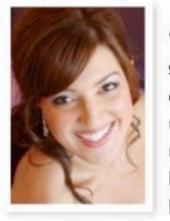
"Detox diets are commonly used with the belief that they help purge excess toxins in the body and aid weight loss, however, many dietitians and doctors remain sceptical," Morris says. "Restricting the amount of food you eat can actually slow your metabolism, causing you to gain weight once you return to a normal eating pattern. Rather than going down the detox route, looking and feeling great is often as simple as following a healthy eating plan, exercising regularly and sleeping well."

WHAT DID YOU EAT ON YOUR BIG DAY?



"My hunger took a back seat on the day because I was so nervous and excited. But

having a sit-down dinner at the reception refuelled my stomach so I could dance the rest of the night away!" Anna, 25



"I was on a strict protein diet leading up to my wedding. It helped me look slim, but

my energy levels were really low. On my wedding day, I ate everything, because I didn't want to miss out!" Daniela, 23



"In the leadup to my wedding, l was exercising twice a day and eating lots of protein.

On the actual day, I didn't eat much because I was so nervous. As a result, I didn't have a lot of energy." Erin, 28

What to eat on your wedding day

BRIDAL BREAKFAST

ENERGY SNACKS

GIRL'S LUNCH

HIGH TEA FLUIDS