

"Just checking
they're all up to
scratch ..."



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 lead-up to my wedding, I 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

Nutritionist Kristen Beck, founder and director of Beck Health & Nutrition Group (beckhealth.com.au), shares her energy-boosting eating tips to get you through the big day ...

BRIDAL BREAKFAST

According to Beck, brides are often so stressed on their wedding day, they forget to eat, but skipping breakfast is a big no-no. "Missing out on this important meal is likely to increase your stress levels," she explains. Her suggested menu? "Try muesli, wholemeal toast with a poached or boiled egg, and eat plenty of fresh fruit with nuts, seeds and low-fat yoghurt. Oats are a good source of complex carbs and have a supportive effect on the nervous system. Swap your coffee for herbal tea to reduce stress and anxiety, and research suggests that small amounts of chocolate can help reduce stress, which is great news!"

ENERGY SNACKS

"To keep your energy levels up, opt for fresh fruit, a small amount of dark chocolate, nut mixes or a sushi assortment. If you're craving something sweet, try small, fruit-based muffins in banana, apple and sultana flavours. For on-the-go snacks, individual quiches, grapes, dried-fruit-and-nut mixes or packaged snack bars can be easy to handle, and don't need refrigeration. And it's especially important to eat something if you're drinking Champagne while you get your hair or make-up done."

GIRL'S LUNCH

"Steer clear of heavy food items, and instead go for wholemeal bread or rice, and some protein, such as lean meat or fish to make you feel full. A tray of assorted sandwiches and sushi rolls won't go cold if you're trying to do a million things at once."

HIGH TEA FLUIDS

"Ditch the coffee, as this will add to your stress levels, and drink water, mineral water and diluted fruit juices instead. If water isn't your thing, try mixing fresh fruit juices with some sparkling mineral water. While getting pampered, you can drink Champagne, but remember to pace yourself." **COSMO**