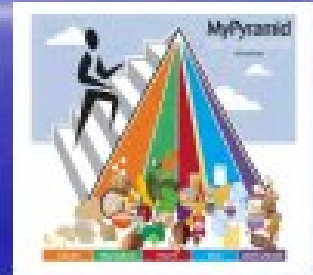


## Nutrition for Swimming

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## 10 General Nutrition Rules

- Eat a variety of foods
- Choose fresh vegetables and fruits daily and with each meal
- Limit or avoid high sugar item such as Pop, juice, sweet teas, lemonade



## 10 General Nutrition Rules

- Limit or avoid caffeine
  - If you do have limit to one 8oz serving per day
- Drink plenty of water
- Eat less fried foods
- Eat less candy, sweet snacks, chips ect.



## 10 General Nutrition Rules



- Don't be afraid to try new foods
- Pick a variety of colors of fruits and vegetables
- Eat more whole grains such as oatmeal, 100% wheat products & brown rice

## Healthy Breakfast

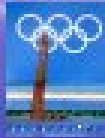


- Carbohydrates
  - Toast, English muffin, plain toaster waffle, or unbleached cereal (oatmeal or rice krispies)
  - Oatmeal, cream of wheat or grits
  - Fruit
  - Milk
  - Yogurt
- Protein
  - Eggs
  - Peanut butter
  - Cheese
- Fat

## Healthy Lunch & Dinner

- Carbohydrates (50-60% of your diet)
  - Milk (dairy, soy, rice ect.)
  - Fruit
  - Bread
    - Starchy vegetables (corn, potatoes, peas)
- Protein source (20%)
  - chicken, hamburger/beef, cheese, peanut butter, pork, fish or beans
- Vegetables
- Fat (20-30%)

## Nutrition for Swimming



- What types of foods are good for practice
- What types of foods are good for meets
- What kind of drink should I have for practice
- What kind of drink should I have for meets
- What types of things should I snack on

## Eating for Practice or Meets

## Eating for Practice

- There are not any special foods that you need to eat for practice
- Remember 50-60% of the food that you eat needs to be carbohydrate
- Eat a variety of healthy foods

## Eating for Practice

- You may need to increase the amount of food that you eat depending on how many hours of practice you do in a day. Use your body weight as your guide and hunger cues.
- Stay hydrated
- Eat within 30 minutes of the end of practice

## Eating for a meet

- You do not need to carbohydrate load for non-endurance events such as sprints but do eat plenty of carbohydrates throughout the day
- Eat a healthy breakfast and lunch. Choose a low fat, higher carbohydrate snack pre-meet (plain pasta, unsweetened cereal)
- Stay hydrated
- Have something to eat soon after your races are over to refuel your body

## Hydration



## Drinking for practice

- Everyone should drink plenty of water throughout the day
- Stay away from caffeine, pop and juice as they are dehydrating
- During practice and after practice a 6-8% sugared beverage like "Gatorade" is recommended to help with muscle fatigue

## Drinking for a Meet

- Drink plenty of water
- Avoid caffeine, pop and juices
- Have diluted Gatorade or homemade sports drink after race if you desire but make sure to drink water too

## Homemade "Gatorade"

- 1 (10 1/4 ounce) envelope unsweetened flavored drink mix (enough for 2 quarts)
- 1/2 teaspoon **table salt**
  - sodium chloride
- 1/4 teaspoon salt substitute
  - potassium chloride; eg. Morton Salt Substitute
- 1/4 cup **sugar**
- 1/4 cup **granular fructose**
  - (can substitute 1/4 cup plus 2 tbs. corn syrup)
- 1/2 teaspoon citric acid
  - (can substitute 2 tbs. lemon juice)
- Add **Water** to make 2 quarts

## Nutrition Quiz for Swimmers

- Fruit is an excellent source of carbohydrate. True / False
- Generally speaking, the more colorful and varied your fruit and vegetable platter, the healthier it is. True / False
- It's best to wait about an hour after a tough practice to fuel your body with carbohydrates and protein. True / False

## Nutrition Quiz

- It's important to stay hydrated because it can directly affect athletic performance. True / False
- If you become very dehydrated, your body may require two to four hours to replace fluid loss. True / False
- Skipping breakfast will keep your energy levels stable throughout the day. True / False

## Nutrition Quiz

- The primary fuel source for swimmers is protein. True / False