

Nutritional Suggestions for Swimmers

WATER: divide child's weight by 2 = minimum ounces of water (100 lbs = 50 oz = three 16 oz bottles)¹

BEFORE WORKOUT:

Slow carbohydrate for constant energy + **water**

- Foods
 - oatmeal, Raisin Bran, Bran Chex, Oat Bran, All Bran with Fiber, Bran Buds, Kashi Granola
 - whole grain toast (no flour, Ezekial is best) w/ peanut butter, eggs, lean meats
- Energy bars
 - NuGo \$1.28 with shipping (<http://www.nugonutrition.com/> or Kodiak Boost Club)
 - Luna \$ 1.25 (Cost Savers, SafeWay on sale)
 - Usana \$ 2.23 with shipping (<https://www.usana.com/dotCom/index.jsp>)
 - Extend Didn't pass taste test

DURING WORKOUT: **water** (Gatorade / Powerade™ when exercising strenuously over 1.5 hours, otherwise AVOID)¹

AFTER WORKOUT:

- Eat dinner within 45 min after workout. See "Nutrition"² and Harvard Food Pyramid – based on science³
 - 55-58% carbohydrate 12-15% protein 25-30% fat⁴
- Or, drink a liquid protein drink within 45 min. because it speeds muscle recovery by
 1. providing the right amino acids for muscle repair
 2. restoring glycogen (sugar) in the muscles
 - Muscle Milk (Natural) – Cost Savers Anchorage (\$2.00 serving)
 - Parillo Powder (<http://www.parillo.com/techspecs.asp?id=121>) or Kodiak Athletic Club). About \$2.50
 - Nutrimeal with whey (<https://www.usana.com/dotCom/index.jsp>) About \$2.90 / serving)

DURING MEETS:

- ***Eating foods that spike your blood sugar could result in less than optimal performance***
- Complex carbohydrates 1-4 hours before. See <http://www.kidseatgreat.com/power-up-the-athlete.htm>
- Snack during: slow carbohydrate energy bar / low fat yogurt / banana with peanut butter

Foods to avoid:

bagels / crackers / granola bars / crackers / fruit rollups / sugar drinks / all candy / any refined foods

¹<http://www.kidseatgreat.com/power-up-the-athlete.htm>

²<http://www.crossfit.com/cf-info/start-diet.html>

³<http://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/pyramid/>

⁴<http://www.acsm.org/AM/Template.cfm?Section=Search&template=/CM/HTMLDisplay.cfm&ContentID=4297>