

Meet Eats

BEFORE

The night before: a meal with good carbohydrates. Carbohydrates break down into glucose, which supplies us with energy by giving that energy to our cells, tissues, and organs. A great meal option would be whole wheat pasta that also gives our bodies fiber. A moderate protein intake is also good, especially after the final practice before a meet because the body breaks down proteins into amino acids which help to repair damaged tissues and cells while promoting growth.

The day of: A solid breakfast the morning of to provide your body with energy for the day. Oatmeal, fruit smoothies (could add protein powder to this), bananas, scrambled eggs (or in whatever form your swimmer likes), and low-fat yogurt are all great options.

DURING

Having a variety of things to snack on during the meet will allow your swimmer to keep their energy up in between races

- High-carb energy bars
- Dried fruit chips (apples, mangoes, etc)
- Bananas
- Carrots
- Sports drinks in moderation (gatorade, powerade, etc)
- Low-fat yogurts
- Hummus
- NutriGrain bars

Foods to avoid: carbonated beverages (especially soda), energy drinks, trying new foods, high sugary foods, spicy foods (especially if stomachs cannot tolerate it)