



NUTRITION AND PROPER FUELING FOR PERFORMANCE - WHAT YOU NEED TO KNOW AND DON'T KNOW TO ASK.

All About Event Nutrition

Below is information on maximizing performance with nutrition during events. It includes information for all day swim meets and suggestions for your athlete's cooler. It is important that athletes eat after competing to make sure they will have enough energy for the next race or competition, whether it be in the same day or the following days.

Eating for All Day Events

The same dietary principles used to plan the pre-exercise meals can also apply to foods eaten at all day events. If an athlete races at 10:00 am and then again two hours later, foods that are high in protein and fat will be more likely still be in the stomach potentially causing gastrointestinal distress. The following guidelines have been recommended to help athletes make wise food choices at all day events:

- One hour or less between events or heats:
 - Stick with carbs in liquid forms such as sports drinks
 - If something solid needs to be eaten try fruits like oranges, watermelon, cantaloupe, peaches, pears, applesauce or bananas
- NOTE:** These foods consist mostly of carbs and water. They are digested very fast and therefore will not cause much of a problem with stomach cramping. Also, something to consider is the quantity eaten. The more an athlete eats the longer it will take to digest, especially with any pre-competition nerves or stress.
- Two to three hours between events or heats:
 - Solid foods in the form of carbs can be eaten, as there is enough time to digest them before competition.
 - Try eating bagels, hot or cold cereal with nonfat milk or English muffins along with fruit like bananas, apples, oranges, peaches and pears.
 - Be sure to drink plenty of fluids like water or a sports drink for hydration and electrolyte replacement and restoration of glycogen stores. Avoid drinks that contain caffeine, carbonation and other stimulants.
- Four or more hours between events or heats:
 - With four or more hours between events an athlete may want a meal which should be composed primarily of carbs. Keep meals simple and use the following examples for this situation:
 - Turkey sandwich on two slices of whole wheat bread, low fat yogurt with fruit and water or a sports drink.
 - Spaghetti with lean meatballs, bread, salad with low fat dressing and water or a sports drink

NOTE: If there is a certain meal pattern before competition that an athlete thinks is a winning combination then they should stick to it.

Other Suggestions for Pre-event Eating

The tables below are guides for one hour or less between events, two to three hours between events and four or more hours between events. Always remember sports drinks are beverages that contain electrolytes and carbohydrates, not caffeine and other stimulants.

1 Hour or less	Serving Size	Grams of carbs
Food Bar	1 bar	47g
Raisins	2.5 oz	34g
Banana	7 oz	31g
½ bagel	2 oz	26g
Pretzels	20 pieces	22g
Fig bar (2)	1 oz	20g
Applesauce	4 oz	14g
Sports Drink*	8 oz	14g
Toast	1 slice	14g
crackers	5 crackers	10g

2-3 hours before	Serving Size	Grams of carbs
Baked potato (plain)	1 large	58g
Cereal (whole grain)/1% milk	Cereal: 1 cup Milk: ½ cup	Cereal: 47g Milk: 8g
Bagel (whole grain)/ peanut butter	1 bagel 2 tbsp peanut butter	Bagel: 47g Peanut butter: 8g
Fruit smoothie	12 fl oz.	47g
Food bar (oatmeal raisin walnut)	1 bar	43g
Oatmeal (instant)/1% milk	Oatmeal 1 cup milk ½ cup	Oatmeal: 26g Milk: 8g
Yogurt(nonfat)	1 cup	33g
Pancakes/waffles (from mix)	2 pancakes (5" diameter)	20g
Fresh fruit (chopped)	1 cup	19g

4 or more hours before	Serving size	Grams of Carbs
Spaghetti w/meat sauce	2-3 cups	75-100g
Pasta/ Chicken/ Vegetables	Pasta: 1 cup Chicken: 4 oz Vegetables: 1 cup	Pasta: 60g Chicken: 0g Vegetables: 6g
Grilled chicken/ Rice (white)/ Fruit (chopped apple)	Chicken: 3 oz Rice: 6 oz Fruit: 1 cup	Chicken: 0g Rice: 44.4g Fruit: 19g
Granola bar (oatmeal raisin walnut)/ sports drink*	1 bar Drink: 8oz	Bar: 43g Drink: 14g
Liquid meal replacement	1 can (11 fl oz.)	40g
Fruit juice	6 oz	18g
Turkey sandwich (w/3 slices deli meat, 2 slices whole wheat bread, low-fat mayo)/ baby carrots	Turkey: 1 slice Mayo: 1 tbsp Bread: 2 slices Carrots: 7	Turkey: 0g Mayo: 0g Bread: 12g Carrots: 3g
Tuna sandwich (2 slices whole wheat bread)/nonfat mayo	Tuna: 2 oz drained Bread: 2 slices Mayo: 1tbsp	Tuna: 0g Bread: 24g Mayo: 0g
Trail mix with nuts/raisins	1/3 cup	20g

A Guide for Packing the Cooler

It is always a good idea for athletes to pack a cooler from home with a winning combination than to rely on the food at concession stand at swim meets. Most concession stands are filled with high fat, high calorie foods that are not designed to maximize performance. The tables below provides ideas for your next swim meet:

FOOD	SERVING SIZE	FAT	CARBS	PROTEIN
BABY CARROTS	7 CARROTS	0G	3G	0G
BREADSTICKS	1 STICK (2OZ)	6G	24G	4G
CELERY	1 LARGE STALK	0G	2G	0G
CHERRY TOMATOES	½ CUP	0G	7G	1G
CHOCOLATE MILK (LOW FAT)	1 CUP	2G	26G	8G
COTTAGE CHEESE (LOW FAT)	½ CUP	1G	3G	14G
DRIED FRUIT	1 PACKAGE	1G	188G	7G
SPORTS DRINK*	8 OZ	0G	14G	0G
GRANOLA BAR (OATMEAL RAISIN WALNUT)	1 BAR	5G	43G	10G
FRESH FRUIT	1 PIECE OR 1 CUP	<1G	19G	0.3G
GINGER SNAPS	1 OZ	3G	22G	2G
HUMMUS	¼ CUP	5G	13G	3G
MEAL REPLACEMENT DRINKS	1 CAN (11 OZ)	3G	40G	10G
NUTS (MIXED)	¼ CUP	15G	7G	5G
PEANUT BUTTER	2 TBSP	16G	7G	8G
PITA BREAD (WHOLE WHEAT LARGE)	1 PITA	2G	35G	6G
TURKEY SANDWICH (3 SLICES MEAT, LOW FAT MAYO, 2 SLICES WHOLE WHEAT BREAD), BABY CARROTS	TURKEY: 1 SLICE MAYO: 1 TBSP BREAD: 1 SLICE 7 CARROTS	TURKEY: 1G PER SLICE MAYO: 5G BREAD: 5G CARROTS: 0G	TURKEY: 0G PER SLICE MAYO: 0G BREAD: 24G CARROTS: 3G	TURKEY: 5G PER SLICE MAYO: 0G BREAD: 2G CARROTS: 0G
VANILLA WAFERS	4 WAFERS	10G	19G	<1G
WHOLE GRAIN BAGEL	1 BAGEL (4OZ)	1.5G	47G	11G
WHOLE GRAIN CEREAL	1 CUP	1G	47G	7G
WHOLE GRAN CRACKERS	5 CRACKERS	15G	11G	1G
YOGURT (NONFAT)	8OZ	0G	15G	11G

**This is part of an informational series to help you or help your athlete get on the right nutritional track. Note that the information to follow is intended for athletes who are working/competing at a high-energy output daily. This information is NOT recommended for the average person who exercises on a purely recreational level.

**All information presented here was compiled by True Sport and the USADA presented and distributed at the 2017 USA Swimming National Select Camp by Alicia Kendig USA swimming and US track and field dietician. The following info can also be found at www.usada.org.