

## **PRE- AND POST- NUTRITION FOR SWIMMERS**

The nutritional needs of swimmers are high due to the physical demands of the sport.

Swimmers require strength, speed, agility and endurance. Knowing what foods are good for energy, how to hydrate, how to eat during a swim meet and when and what to

eat to refuel after training will optimize performance and recovery.

### **PRE-MEET NUTRITION**

- Choose complex carbohydrates, lean proteins and healthy fats. Limit fat as you get

closer to game time.

- Larger meals should be consumed 3 to 4 hours prior to game.
- Smaller meals and snacks should be consumed within 1 to 2 hours of game. As

you narrow timing down to 1 hour or less, focus on carbohydrates and fluids.

- Never try a new food on game day. Stick to foods you know you can tolerate.

- Hydrate with 16-20 ounces of water 2 hours prior to game.

- For an early morning game, consume liquid nutrition 1-2 hours prior to game and

follow-up with a healthy breakfast after the game.

### **POST- MEET NUTRITION**

After your meet, choosing the appropriate recovery foods and hydration will allow your

body to replenish glycogen (stored energy) that was depleted and help the muscles

repair and recover. Choose:

- Protein rich snack within 15-20 minutes.
- Balanced meal within 2 hours.

- 20-24 ounces of water for each pound lost- you can also measure hydration

status by the color of your urine and level of thirst.

### **PRE-MEET MEALS**

- Peanut butter and banana sandwich
- Greek yogurt with strawberries
- Oatmeal with low-fat milk and blueberries
- Vegetable omelet and 2 slices whole wheat toast
- Baked chicken and sweet potato

### **POST-MEET MEALS**

- Baked salmon, potato and sautéed spinach
- Whole wheat pasta with grilled chicken and broccoli
- Turkey chili topped with avocado and baked tortilla strips
- Brown rice topped with black beans, sautéed vegetables and fresh salsa
- Spinach salad topped with steak, hard-boiled eggs and vegetables

### **MEET DAY SNACKS**

- Pretzels
- Fresh fruits
- Rice cakes with nut butter
- Low-fat granola bars
- Low-fat yogurt
- Apple sauce pouch
- Protein bar
- Protein drink