

# STAY UP TO SPEED: SWIM NUTRITION GUIDE



Swimming is a lifelong sport that requires extreme endurance. Swimmers must stay focused on nutrition, and not just on the day of a meet. Equipped with the right quality of food and sleep, they will be able to perform and recover at their highest level. Knowing what to eat — and when — is a powerful tool for a swimmer's health and athletic performance.

## EVERYDAY TRAINING

### NUTRITION TIPS:

- Eat small amounts often
- Pack in the protein — helps keep blood sugar stable
- Don't forget the carbs — muscles need them for fuel
- Apples are high in vitamin C and great before practice
- Already low in teens, growing athletes have a hard time getting enough Iron, Calcium and Vitamin D

### ANTIOXIDANT-RICH FOODS:

#### Fruits

- Berries (all kinds)
- Cantaloupe
- Grapefruit (and grapefruit juice)
- Kiwi
- Orange (and orange juice)

#### Veggies

- Asparagus
- Baked potato
- Broccoli
- Brussels sprouts
- Cabbage
- Cauliflower
- Kale
- Peppers (all kinds)
- Spinach
- Tomato

#### Nuts and Seeds

- Almonds (and almond butter)
- Peanuts (and peanut butter)
- Hazelnuts
- Pecans
- Pistachios
- Sunflower seeds
- Walnuts
- Cashews

### 10 FOODS YOU SHOULD BE EATING:

- Nuts
- Seeds
- Veggies
- Eggs, chicken, turkey, lean beef or fish
- Beans
- Whole cheese
- Whole yogurt (Greek yogurt has more protein)
- Whole milk
- Dark greens
- Orange colored fruits and veggies (vitamins C, E, A; Potassium; and for an immunity boost)

## DAY OF MEET

### EAT BEFORE THE MEET:

- Eggs
- Nitrate-free bacon
- Instant oatmeal or steel-cut oats with whole milk
- Whole wheat toast/English muffin with all-natural almond or peanut butter
- Dry cereal
- Whole Greek yogurt (try plain whole yogurt + fruit + honey or cinnamon)
- Veggies (mix with eggs and make an omelet)
- Fruit

### SNACKS TO PACK:

- Water or Aspire sports drink
- Protein powder and shaker bottle (just add water)
- String cheese
- Pasta salad
- Plain sandwiches (turkey, chicken, tuna, cheese, peanut butter)
- Bananas, grapes, apples, plums, pears
- Sugar-free applesauce
- Dried fruit (raisins, apricots, mangoes)
- Smoothies with protein powder
- Crackers and rice cakes with nut/seed butter
- 'Quest Bars' (be careful — most protein bars are loaded with sugar)
- Whole yogurt or yogurt drinks
- Trail mix (small bags of unsalted peanuts, cashews, almonds, dried fruit, chocolate chips)
- Vegetable crudité (carrots, peppers, cucumbers or celery with nut/seed butter or hummus)
- Hard-boiled eggs
- Meat and cheese roll-ups
- Turkey/beef jerky

### RECOVER WITH PROTEIN:

(10–20 GRAMS WITHIN 30 MINUTES AFTER)

- Protein shake
- Hard-boiled eggs
- Nuts/seeds
- Hummus
- Peanut, almond or other nut/seed butter
- Whole milk
- Whole Greek yogurt
- Turkey
- Chicken
- No soy protein, especially for boys