



EARLY MORNING PRACTICE FUEL

Adapted from USA Swimming “[Should Swimmers Eat Before Early Morning Practice](#)”
(...answer, a resounding “YES!”)

GUIDELINES:

1. Choose foods high in carbohydrates, moderate in protein, low in fat
2. Avoid nutrient-poor foods like candy, donuts, soda and sugary items
3. Keep portion small to avoid getting too full which can cause cramping
4. Eat 30-60 minutes before jumping into pool

SOLID FOOD IDEAS:

- Banana + Peanut Butter
- $\frac{3}{4}$ C Whole Grain Cereal with or without milk
- Whole Grain Toast with Jam or Peanut Butter
- Whole Grain Waffle with Jam or Nut Butter
- Fruited Yogurt (4-6 oz)
- Yogurt (4-6 oz)+ 1 TBSP honey + Fruit
- Yogurt (4-6 oz)+ $\frac{1}{4}$ C Granola/Cereal
- Oatmeal + Fruit
- Granola Bar
- Fig Newtons

LIQUID FOOD IDEAS:

- Smoothie (Frozen Fruit + Yogurt and/or Milk)
- Low-Fat or Non-Fat Milk or Soy Milk
- Instant Breakfast Made With Skim Milk