

Food is Power!

Here's a good list of dos and don'ts on inflammatory foods.

DON'T EAT

Inflammatory foods:

- sugar
- vegetable oil, canola oil, sunflower oil, safflower oil
- fried foods
- refined flour
- artificial sweeteners
- artificial additives
- "natural flavors"
- saturated fats
- conventional grain-fed meats
- processed meats (some better than others)
- gluten in store bought bread (white bread)
- trans fat foods
- fast food
- processed foods!

DO EAT

Anti-inflammatory foods:

- blueberries
- raw oats
- ginger
- green tea
- wild salmon
- red peppers
- beets
- broccoli
- black beans
- extra virgin olive oil
- tomatoes
- chia seeds
- pineapple
- spinach
- whole grains
- ginger
- eggs
- garlic
- oysters
- apples
- some yogurts
- nuts
- canned light white tuna
- rosemary
- bone broth
- coconut oil
- raw honey
- miso
- turmeric
- grass fed beef

Before Competition:

4-2-1

4 hours before: Eat a big meal filled with healthy items. For AM sessions, the meal the night before becomes very important. Still eat the morning of your meet.

2 hours before: Nibble on healthy snacks.

1 hour before: Sip on water and electrolytes.

Longer sessions (4 hours plus) will require more snacks (nibbles) between races to stay fueled. Pay attention to timelines and when you should fuel between races.

Avoid these commonly seen swim meet snacks (and like products):



DO EAT:



Products we are into right now:



<https://drinklmnt.com>



<https://www.flavcity.com>



Healthier, cleaner chocolate bar option.

Water:

Weight divided by $\frac{1}{2}$ (measured in oz.) for water consumption is a minimum. Drink more during hard workouts and competition. Bring your water bottle with you to warm-ups and races.

Caffeine:



Lots of "energy" products on the market. Avoid Red Bull, Monster, and similar products. Black coffee 12-16oz is best before competition. Apples give tons of natural energy!