

Fueling for Performance

In terms of calories...

- 60%* should come from Carbohydrates (Carbs) - The primary fuel source for aerobic athletes
- 15%* should come from Protein - Protein builds and repairs muscle.
- 25%* should come from Fat
 - Fat stores our fat-soluble vitamins
 - Fats deliver our essential fatty acids.

**Note: +/- The aerobic athlete's carbohydrate intake should never drop below 50%, protein should not go above 25%, fat should not go above 30%.*

Nutrition Foundations...

- Eat naturally colorful Foods for vitamins, minerals, antioxidants, carbohydrates, recovery and general health (not artificially colored...)
- Eat early and often - The first 2 hrs post-workout are the most critical.
- Hydrate: Drink water/sports drinks early and often during exercise
 - Bring a water bottle to practice
- Protein consumed after exercise will provide amino acids for the building and repair of muscle tissue. Therefore, athletes should consume a mixed meal providing carbohydrates, protein and fat soon after a strenuous competition or training session.
- Something is better than nothing - consuming some carbohydrate fuel immediately after workout will do more to help prevent chronic or long-term glycogen depletion than consuming nothing at all.

Meet Time!

- Focus on fueling for the day, not the race.
- Maintain energy/blood sugar levels.
- Maintain hydration.

Timing is Critical

One Hour or less to go	2-3 hours to go	3-4 hours to go
Fruit and vegetable juice such as orange, tomato or V-8	Fresh fruit and vegetable juices	Fresh fruit and fruit and vegetable juices
AND/OR	AND	AND
Fresh fruit such as apples, watermelon, peaches, grapes, or oranges	Breads, bagels, English muffins with limited amounts of butter, margarine, cream cheese, or peanut butter	Breads, bagels, baked potatoes, cereal with low-fat or skim milk, low-fat yogurt, sandwiches with a small amount of peanut butter or lean meats and cheese
AND/OR	AND/OR	AND/OR
1 ½ cups of a sport drink like Gatorade	4 cups of a sport drink like Gatorade	7 ½ cups of a sport drink like Gatorade

COMPETITION CUISINE (4-8 hours before a meet)*

BREAKFAST

- Go for pancakes, waffles, French toast, bagels, cereal, English muffins, fruit or juice. These foods are all high in carbohydrates.
- Avoid high-fat choices such as bacon, sausage or biscuits and gravy.
- Pack containers of dry cereal, crackers, juice or dried fruit such as raisins and apricots; or pack fresh fruits such as apples or oranges in case the restaurant does not provide these items.
- If you eat breakfast at a fast food restaurant choose foods like cereal, fruit juice and muffins or pancakes instead of breakfast sandwiches.

***For early/morning swim meet sessions, keep breakfast light (ex: small whole wheat (WW) bagels with a light smear of peanut butter or cream cheese OR WW toaster waffle OR 2-3 WW French toast sticks)**

LUNCH AND DINNER (Eating @home or out but not within two hours of swim meet)

- Choose restaurants that offer pastas, breads and salads.
- Order thick crust rather than thin crust pizza for more carbohydrates.
- Order vegetables on the pizza. Avoid high fat toppings such as pepperoni and sausage.
- Order vegetable soups accompanied by crackers, bread, or muffins.
- Emphasize the bread in sandwiches, not the filling, mayonnaise or potato chips.
- Avoid deep fat fried foods such as French fries, fried fish and fried chicken.
- Choose low-fat milk or fruit juices rather than soda pop.

Packing for Competition (Swim Meet Snacks)

- Dry cereal (ex: Frosted Mini Wheats, Honey Nut Shredded Wheat)
- PB&J sandwich quarters
- Granola or Power bars
- 100% Juice boxes
- Whole fruits (ex: orange, peach, nectarine)
- Container of berries (ex: strawberries, raspberries, blackberries)
- Yogurt w/ side of GrapeNuts cereal for mixing
- Trail mix (nuts, raisins, dried cranberries, mini pretzels, chocolate chips or M&Ms)
- Water
- Electrolyte drink (ex: Gatorade) - NO energy drinks

Pool Vending Machines (and snack bars)

- Avoid "junk food."
- Choose the following:
 - ◆ Cereal bars
 - ◆ Granola bars
 - ◆ Trail mix
 - ◆ Pretzels
 - ◆ Powerbars

TO RECAP:

- At a meet you'll want to keep any snacking light before and between swim events. Recommended snacks include 1/2 of bagel, small box of dry cereal, "Goldfish," granola or power bar, fresh fruit like apples or oranges, water, or watered-down sports drinks - no sodas or candy.
- It is not a good idea to eat too close to a race so swimmers have time to digest the food. If they're hungry, allow them to nibble immediately after they've finished swimming a race.
- For meals right before a meet, focus on healthy-carbs.
- Make sure swimmers have a good, carb-focused breakfast/lunch and a healthy snack (not heavy on sweets!) at least one hour before practices in the mornings/evenings.