

Nutrition for the Swimmer

WTRC Sharks

Good Nutrition begins at the table. Eating is to be an experience.

- Social
- Supportive
- Bonding

Good Nutrition is encouraged through:

- Planning
- Togetherness
- Teaching

Good Nutrition is formed through discipline.

- Parent Role
- Swimmer Role

Components of Good Nutrition:

- Carbohydrate (50-65%)- Starches, Fruits, Vegetables, Dairy, Simple Sugars
- Protein- (10-15%) Eggs, Cheese, Peanut Butter, Nuts, Fish, Turkey, Chicken, Beef, Pork, Soy, Dairy
- Fats- (25-30) Olive Oil, Avocado, Olives, Butter, Salad Dressing, Mayo
- Hydration- Water, Flavored Water, Fruit Juices, Electrolyte Replacement

Breakfast Examples:

- Peanut Butter Toast, banana, milk
- Oats made with milk with raisins and pecans, milk, clementine
- Egg, cheese bagel, milk
- Yogurt, berries, nuts, cereal with OJ
- Frozen fruit, Almond milk, oats, cinnamon smoothie

Lunch Examples:

- Deli meat, cheese, lettuce, tomato on whole grain with grapes, pretzels water
- Veggie pizza slices with apple and water
- Power Salad with dark greens/ Romaine, shredded carrots, bell peppers, cucumber, deli meats, dried cranberries, chick peas with whole grain crackers and cheese with water.
- Chicken breast sandwich on whole wheat bun with broccoli and mixed fresh fruit.

- Hamburger on wheat bun, sweet potato fries, strawberries, water

Snacks 20-30 minutes before practice and between events at meet- **Easily** digested foods

- Pretzels, oyster crackers, small plain bagels, white bread
- Banana, apple, oranges, clementines, raisins
- Rice chex, corn chex,

Snacks and hour before practice or between events

- Half Peanut butter and jelly sandwich on white bread
- Peanut butter/cheese crackers
- Peanut butter/deli turkey, chicken on white bun or bread
- Trail Mix with nuts, raisins, cereal

Recovery Foods to be consumed within 30 minutes to 1 hour of heavy work out

- Chocolate Milk
- Bagel with peanut butter
- Deli sandwich
- Full

Comments:

- Whole foods over supplements, energy bars
- Water preferred. Gatorade with longer than 1 hour work outs
- Homemade over fast foods and processed foods
- Limit fried, heavily fatty, high sugar foods