



Andover High School Swimming & Diving Nutrition Tips

Nutrition plays an extremely important role in your athletic performance. You will be less tired and perform better if you get enough of the right foods and drinks!

General tips for the season:

1. Energy comes from carbohydrates! Get about half your daily calories from carbohydrates – (that's approx. half your plate in carbohydrates at each meal)
2. Complex carbohydrates such as pasta, bagels, whole grains, potatoes, beans, and rice provide energy, fiber, vitamins, and minerals. Simple carbohydrates are found in fruits and dairy
3. Do not skip meals
4. Hydrating is very important for athletes. Plan on carrying your water bottle with you everywhere you go
5. Drink plenty of fluids with every meal. Drink before you're thirsty. Stop if your stomach is sloshing!
6. Pay attention to how you feel. If you feel fatigued, headachy, or lethargic you may be dehydrated

Pre-workout: fueling your muscles for stamina, endurance and strength

1. In general: sip approx. 16 oz. water 2 to 3 hours before a workout – (no need to super-hydrate before you exercise)
2. Start your workout well fueled! Eat a small snack before practice-pretzels, granola/energy bar, crackers, dry cereal, trail mix, chocolate milk

During workout:

1. Sip water and/or sports drinks

After workout:

1. Within the first approx. 30 mins after exercise, you need to rebuild the stores of energy in your muscles
2. Your top priority should be to replace fluids you lost by sweating
3. Refuel with carbohydrates plus protein (Ex. chocolate milk, pretzels, granola/energy bar, trail mix, yogurt, cereal, toast, peanut butter sandwich, banana/fruit)
4. Sip fluids over time rather than drinking large amounts in one sitting

Swim Meets:

1. Eat carbohydrate-based dinner the night before the meet-extra pasta, potatoes, rice, beans, and/or breads
2. Drink extra fluids the day before the meet
3. Eat familiar foods so you will have no surprises the day of the meet
4. Eat carbohydrate-based breakfast/brunch, allowing 4 hours to digest a larger meal
5. Eat small meal/snack approx. 1-2 hours before meet- as tolerated
6. Sip water throughout the morning, up to approx. 1-2 hours before event
7. Bring snacks/small meal to eat during the meet: pretzels, granola bar, sandwich, cereal, dried fruit, crackers, banana, Belvita breakfast bars, canned fruit, applesauce, orange, nuts, string cheese, animal crackers, energy bars (Clif), trail mix
8. Fluids: water, sports drink, 100% fruit juice, chocolate milk. Sip during the meet
9. Eat high carbohydrate-based meals the day after the meet for recovery

Example for a 1:00 pm Swim Meet: (Everyone is different-eat what you tolerate)

Day before meet:

1. Eat a carbohydrate based dinner- (Examples: pasta with sauce/meatballs, chicken/turkey/fish/steak/pork w/large serving of rice or potato, stir fry with extra rice, plus rolls, fruit)
2. Drink extra fluids all day

Day of meet:

1. An afternoon meet allows you to have a hearty carbohydrate-based breakfast/brunch approx. 4 hrs. before the meet such as French toast, pancakes, cereal, eggs, toast, bagels, peanut butter, Canadian bacon, fresh fruit, 100% fruit juice, yogurt, smoothies, cottage cheese. *Avoid very high fat foods-they take longer to digest (eat by approx. 9:00 am for a 1:00 pm meet)
2. Sip water throughout the morning up to approx. 2 hours before event (by approx. 11:00-11:30 am for a 1:00 pm meet).
3. Eat a light meal/snack approx. 1-2 hours before the event such as pretzels, animal crackers, granola bar, crackers, applesauce, toast, banana, yogurt w/granola, graham crackers, cereal (eat by 11:00-12:00 for a 1:00 meet)
4. Eat and drink as noted above for post workout

Fun Facts:

1. If you have a lot of muscle cramping – it could be dehydration and/or electrolyte loss, be sure to be sipping enough water/sports drinks before, during, and after exercise and ask the coach for stretching exercises
2. No need to spend \$\$ on expensive vitamin or coconut waters, energy comes from carbohydrates not vitamins. Check labels for carbohydrates
3. Red, purple, and blue juices can reduce muscle soreness
4. Having 200-300 calories of daily sugar is ok (the amount in approx. 1 soda)
5. When you will be at a daylong event, stock your bag/cooler with fruit, protein, grains, snacks, and fluids