

## Pre-exercise Nutrition

- ❖ Eat a meal 2 – 4 hours before a swim meet or practice
  - ✓ lean protein
  - ✓ long-lasting carbohydrates (i.e. rice, oatmeal, whole grain breads or pasta, sweet potato)
  - ✓ fruits & vegetables
  - ✓ water (~ 12-20 ounces)
  
- ❖ 30 – 60 minutes before
  - ✓ water 6 – 12 ounces

*Avoid: high fat or fried foods, high fiber foods, spicy or high sugar items*

## Pre-exercise Sample Meals

Lean Protein	Healthy Carbohydrates	Vegetables or Fruits
Grilled chicken or turkey	Rice or quinoa	Berries
Lean ground beef or bison	Baked potato or sweet potato	Apple
Eggs	Oatmeal or muesli	Green leafy vegetables
Fish	Corn or wheat flour tortillas	Broccoli or cauliflower
Edamame or beans	Whole wheat English muffin	Carrots
Greek yogurt or cottage cheese	Grits/polenta	Asparagus or Brussels sprouts

## Nutrition During Exercise

- ❖ Continue to drink 6 – 12 ounces every 15 – 30 minutes throughout continuous physical activity

- ❖ Pack healthy snacks for between races
  - ✓ peanut butter and jelly sandwich
  - ✓ turkey or chicken sandwich
  - ✓ hard-boiled eggs
  - ✓ smoothie
  - ✓ fruit
  - ✓ yogurt and granola
  - ✓ protein/sports bar
  - ✓ rice crackers/nut thins/flaxseed crackers
  - ✓ hummus with pita
  - ✓ homemade energy bites (i.e. oats, pb, honey, flax)

Skip the chips and candy!

### Recovery Nutrition

- ❖ Immediately: replace fluid and electrolyte losses
  - ✓ water ( ~ 16-24 ounces water for each pound lost)
- ❖ Within 30 minutes: consume a snack with carbs and protein
  - ❖ 1:3 ratio protein to carbs (~ 10-20 grams protein, 30-60 grams carb)
    - ✓ smoothie with Greek yogurt and fruit
    - ✓ dry cereal, nuts, and fruit
    - ✓ granola/protein bar
    - ✓ nut or seed crackers with peanut butter
    - ✓ milk with fruit

### Recovery Snack Ideas

Choose a food from protein column + food from carb column based on training session!			
Protein: 15-20 g	Protein: 20-25 g	Carbohydrates: 15-30 g	Carbohydrates: 45-60 g
<ul style="list-style-type: none"> <li>• 2 c milk (cow's, soy)*</li> <li>• ¾ - 1 c Greek yogurt*</li> <li>• ¾ c cottage cheese</li> <li>• 2 string cheeses</li> <li>• 1 c firm tofu</li> <li>• 2-3 cooked eggs</li> <li>• 2-3 oz deli meat</li> <li>• 1 ½ c Kefir*</li> <li>• 1 ½ oz jerky</li> <li>• 2-3 oz fish</li> <li>• ½ c nuts or seeds*</li> <li>• ½ - ¾ c edamame</li> <li>• 4 Tbsp nut butter*</li> <li>• 1 c beans*</li> </ul>	<ul style="list-style-type: none"> <li>• 3 c milk (cow's, soy)*</li> <li>• 1 ½ c Greek yogurt*</li> <li>• 1½ c cottage cheese</li> <li>• 3 string cheeses</li> <li>• 1 ¼ c firm tofu</li> <li>• 3-4 cooked eggs</li> <li>• 3-4 oz deli meat</li> <li>• 2-2 ¼ c Kefir*</li> <li>• 2-2 ½ oz jerky</li> <li>• ¾ - 1 c nuts or seeds *</li> <li>• 1 c edamame</li> <li>• 1-1½ c beans or lentils*</li> <li>• 1 scoop whey protein</li> </ul>	<ul style="list-style-type: none"> <li>• 1 piece or cup fresh fruit</li> <li>• ¼ - ½ c dried fruit</li> <li>• 1 c fruit juice</li> <li>• 1 c chocolate milk</li> <li>• ½ c oatmeal</li> <li>• 1-2 slices sandwich bread</li> <li>• ½ bagel</li> <li>• 1 english muffin</li> <li>• 1 granola or cereal bar</li> <li>• 2 x 6" tortillas or wraps</li> <li>• ½ - ¾ c rice or farro</li> <li>• ½ - 1 c quinoa, beans, lentils*</li> <li>• ¾ c cooked pasta</li> <li>• 4 Tbsp nut butter*</li> </ul>	<ul style="list-style-type: none"> <li>• 2-3 piece or cups fresh fruit</li> <li>• ¾ - 1 c dried fruit</li> <li>• 2 c fruit juice</li> <li>• 2 c chocolate milk*</li> <li>• 1-1 ½ c oatmeal</li> <li>• 3-4 slices sandwich bread</li> <li>• 1 bagel</li> <li>• 2 english muffins</li> <li>• 4 fig bar cookies</li> <li>• 2 x 8" tortilla or wrap</li> <li>• 1½ - 2 c rice or farro</li> <li>• 1½ - 2 c quinoa, beans, lentils*</li> <li>• 1 ½ c pasta</li> </ul>

Key: \* Protein source contains at least 15 g of carbs, Carb source contains at least 10 g protein

<https://www.teamusa.org/About-the-USOC/Athlete-Development/Sport-Performance/Nutrition/Athlete-Factsheets-and-Resources>

### Recovery Nutrition

- ❖ Within 1-2 hours: eat a recovery meal
  - ✓ balanced meal of protein, fat, carbs, and vegetables

✓ ex. jerk chicken with mango avocado salsa and coconut rice

❖ Use plate method

# ATHLETE'S PLATE



The Athlete's Plates are a collaboration between the United States Olympic Committee Sport Dietitians and the University of Colorado (UCCS) Sport Nutrition Graduate Program.  
*For educational use only. Print and use front and back as 1 handout.*

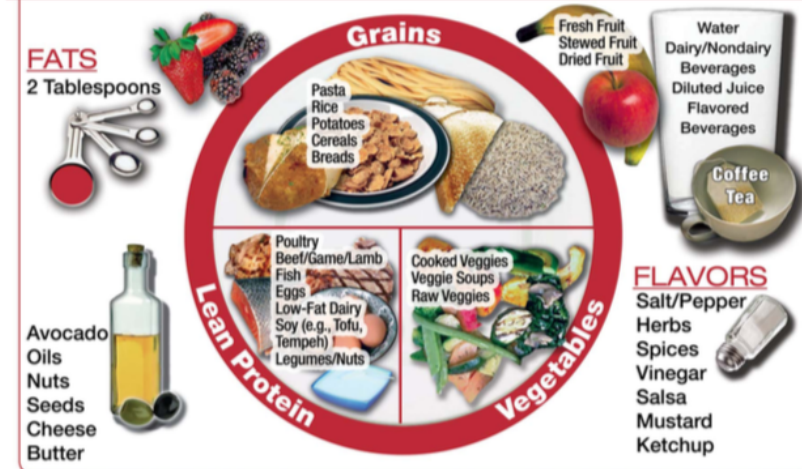
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# ATHLETE'S PLATE

## HARD TRAINING / RACE DAY:



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- ❖ To calculate a sweat rate:
  - ❖ 1) Record how much weight is lost during exercise in pounds, convert to ounces
  - ❖ 2) Record how many ounces of fluid are consumed during exercise
  - ❖ 3) Add lines 1 & 2 together
  - ❖ 4) Divide the answer (#3 above) by the number of hours exercised, this will give you the amount of ounces to be consumed per hour