

# **Program topics:**

- ☐ **Why Nutrition Ed?**
- ☐ **Snacks for workouts**
- ☐ **Swim meet nutrition**
- ☐ **Hydration**
- ☐ **Protein**
- ☐ **Carb-Loading**
- ☐ **Quality Diet**
- ☐ **Sweets, Sugars, Junk foods**
- ☐ **Sleep Hygiene**



# Why Nutrition Education?

- In the United States, overall dietary and activity patterns are not optimal.
  - Approximately only half of Americans eat recommended fruits/veggies\*
  - Only 1% of Americans meet the whole grain recommendations
  - Average consumption of soda is 44 gallons per year per person
  - Total quantity of fats and sugars is 2-3 times the recommended upper limits
- The negative effects of poor dietary choices are not intuitive AND making healthy choices can be a confusing endeavor amidst endless choices.
- For the child-athlete, requiring energy for both growth and performance, nutrition can be even more confusing.
- Education is geared towards parents, as they often have the role of selecting, preparing, and offering food in the home. This changes to some degree as children enter High School and have greater access to foods outside the home.
- Education for children should always be geared towards encouraging healthy choices, vice restriction and avoidance of foods. The aim is to prevent children from hyper-focusing on food choices which can contribute to disordered eating.

# SNACKS!!

## and, their awesome potential to fuel your child athlete's workout

Snacking gets a bad rap- primarily because we fill up with empty calories and it affects appetite to eat our more balanced meals.

For child (5-10 years old) and adolescent (11-21 years old) swimmer athletes who participate in vigorous or prolonged workouts, energy requirements increase.

Snacks offer a great way to increase energy to meet the demand of energy expenditure in the swimmer's workout.

With children who are still growing, there is little data to define optimal nutrient energy intake.

However, there are ranges of macronutrients that support growth for children/adolescents:

- in lean body mass
- in skeletal mass
- in body fat

Create snacks aiming for a combination of the following:

**-Carbohydrates- 45-65%** of diet, primary source of energy (think fruits, veggies, whole grains, legumes)

**-Protein- approximately 30%** of diet

**-Fat- 25-35%** of diet (think dietary fat and essential fatty acids)



Wheat English muffin  
½ banana  
1 Tbsp peanut butter

+



2% milk

=

348 calories  
48% carbs  
19% protein  
33% fat



6 x original Triscuits  
1 slice cheese

+



1 x cup of oikos pro vanilla  
1 x medium peach

=

379 calories  
41% carbs  
29% protein  
30% fat



1 small white pita bread  
2 Tbsp hummus  
Veggie sticks (unlimited)

+



2 x turkey lunch  
meat rolls

=

261 calories  
46% carbs  
21% protein  
33% fat

These ratios offer a good idea of how these fueling snacks follow closely w/ recommendations

**WHAT IF?** What if my child doesn't like these foods?

**That's okay!** There are limitless combinations- use the foods your child likes.

**CAN I?** Can I still give my kids "fun" treats such as Oreos or Doritos?

**Of course!** Everything in moderation. Good rules of thumb are to pair with a nutrient dense option (ie- serve 2-3 oreos w/yogurt combo) and do not offer every day.

# Swim Meet Nutrition:

## Plan in advance what and when you will eat during the meet

### BEFORE the meet: (PREPARATION)

2-3 DAYS PRIOR: Focus on nutrient-dense, balanced meals.

MORNING OF: Pre-meet meal should be eaten 2-4 hours prior to first race, allowing for digestion.

Focus meals on high complex carbohydrates\* and low fat and protein. Wide range of calories to fit the wide range of swimmer needs (500-1000)

AVOID sugar or energy drinks.

GOOD FOODS for pre-meet meal

Cereal

Bagel

Juice

Protein Bar

### DURING the meet: (SUSTAIN ENERGY)

#1- focus on drinking lots of fluids

#2- eat small amounts of carb-rich foods (simple carbs are okay!)

AVOID HIGH FAT, FIBER, PROTEIN FOODS, & CONCESSION STANDS FOODS!

#### **Less than one hour between events\*\*:**

- water, diluted sports drinks, fruit juices
- piece of high carb energy bar or fruit or a few lo-fat crackers

#### **2-4 hours between events\*\*:**

- dry cereal, pretzels, breads, bagels, muffins, oatmeal in a cup
- fruit smoothie (small and less sugar), fruit, fruit juices
- trail mix, veggies, yogurt

After races, replenish with this small snack soon after swimmer gets back to seating.

### AFTER the meet: (RECOVERY)

Prior to last race, drink 16-24 ounces

After last race, eat a high-carbohydrate snack with some protein

Within two hours of the end of meet, eat a nutritionally balanced meal.

-Spaghetti with meat sauce

-Bean burritos with rice

-Low-fat beef or chicken with potatoes

\*Complex carbohydrates are those with three or more sugar units, foods w/fibers, starch, glycogen, and take longer to digest than simple carbs (Gropper et al., 2018, Advanced Nutrition and Human Metabolism)

\*\*See associated team-unify hand-out to see more detailed information on timing.