

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 (both unsaturated and saturated are required, but we aim to limit saturated fats)



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.