

Eating to Win!

A Swimmer's Guide to Proper Nutritional Habits for Competition

Nutrition, What Is It?

Good nutrition may make the difference between dropping a few hundredths or seconds. Swimmers are unique athletes. Swimmers train more than most sports and compete less. Because of this, we need to maintain a good nutritional balance of the three components of food: carbohydrates, proteins, and fats. We need to also meet our body's need for vitamins and minerals.

Carbohydrates - needed for energy and nutrients

Sources: grains, fruits, vegetables

Proteins - needed for growth and repair of all tissues

Sources: fish, chicken, meat, dairy products, eggs

Fats - needed for long term energy storage

Sources: margarine, oils, butter, meats, sweets

What to eat while training?

- You need to eat more on days you train and less on days you don't.
- It is best to eat 3-5 meals per day. Especially breakfast!!!
- Try not to eat a heavy meal 30 minutes before practice.
- Eat 5 servings per day of fruits and vegetables.
- Eat 1-3 cups of low fat milk or dairy products per day.
- Eat 4-6 servings of carbohydrates like potatoes, rice, pasta, or grains.
- Eat lean meats, fish, chicken, or turkey.
- Small amounts of caffeine are ok.
- Avoid eating large amounts of high fatty foods, junk foods, and fast food.
- ALWAYS drink at least 8 glasses of water a day!! Fluid is very important!

*****A serving is 1/2 cup to 1 cup of food.*****

Smart Food Choices During a Meet

- Eat lighter meals on meet days. Also, eat foods that you normally eat while training. Do not try new foods because this may cause stomach problems.
- Have a water bottle with you at all times!! Drink water after each event to prevent dehydration. Drink small amounts of sports drinks. They can add extra sugar and calories which may affect performance.
- Eat fruits that are high in potassium like raisins and bananas which help to prevent muscle cramps.
- Eat other fruits and vegetables like celery sticks, carrot sticks, grapes, oranges, and apples.
- Other low-fat snacks include:

graham crackers	animal crackers	fig newtons	bagels
vanilla wafers	baked potato	cereal	yogurt
	pretzels	ginger snaps	

What to eat when you are traveling

When eating at a restaurant:

Try to make another selection if you see any of these words:

fried, crispy, breaded, scampi style, creamed, buttery, gravy

If you see these words, Go for It!:

marinara, steamed, boiled, broiled, tomato sauce, charbroiled

Smart Fast Food Choices:

McDonald's: fat free muffins, cereal, hotcakes, english muffin, juice, grilled chicken sandwich, plain hamburger, salad, milk

Subway: turkey breast or roast beef sandwich on wheat bread, light mayonnaise

Hardees: pancakes, oat bran muffin, juice, regular hamburger, sandwiches, grilled chicken sandwich, mashed with gravy, salad

Taco Bell: any Border Lights, regular taco, bean burrito, chicken fajita

Arby's: regular roast beef, grilled chicken deluxe, anything on the light menu, salad, soup

Wendy's: single hamburger, grilled chicken sandwich, salad, baked potato with toppings on the side

Pizza Hut: thicker crust pizza with vegetables or plain cheese, bread sticks, salad bar, spaghetti, sandwiches

Burger King: plain hamburger, Whopper Jr., BK Broiler, salad

KFC: If eating fried chicken, pull of skin; rotisserie chicken, mashed potatoes with gravy, corn, salad