

COACH ANJA'S NUTRITION FOR SWIMMERS

EAT SMART! EAT HEALTHY!

Practice good nutrition every day: not just the day of a meet!

1. Carbohydrates: fruit (apples, oranges, strawberries, grapes, cantaloupe and water melon), rice (especially brown rice), whole grain pasta, whole grain bread, low calorie cereals, pancakes, potatoes. Carbs should be eaten before a meet and practice!
2. Protein: chicken, turkey, low fat yogurt, low fat milk and beans and vegetables. Try to eat proteins the day before a meet, not the day of a meet!
3. Fluids: Drink water! Drink water! Drink water! **ALWAYS DRINK WATER BEFORE, DURING AND AFTER PRACTICES AND MEETS!!!!**
4. Pre-Meet and Pre-Practice Foods: Try to eat well before a practice or meet to give your body time to digest. Good pre-meet and pre-practice meals and snacks include pasta, fruit, low calorie cereals, pancakes.
5. During Meet Snacks: Fruit, rice noodles, low fat cereal, whole wheat crackers, rice cakes, granola, power bar (very small amount) and ½ bagel. DRINK WATER!!!
6. After Meet and Practice Snacks: Fruit, bagels, pasta, low fat string cheese, yogurt, turkey, chicken, potatoes, rice cakes.
7. **FOODS AND DRINKS TO AVOID**: Fried foods, soda, caffeinated drinks, fast food, candy, mayonnaise.

