

SNACK IDEAS FOR SWIMMERS

1. Keep it simple - nutritious snacks take little preparation.
2. Use high carbohydrate foods to replenish muscle glycogen stores that you burn during daily practice or competition.
3. Include at least one snack of vitamin A and/or C fruit or vegetable.
4. Select whole grain products.
5. Snack when you are hungry – always be ready with a snack in your backpack or locker.
6. A good time to snack is immediately after practice and before you shower. Fruit or fruit juice will work best at this time. This helps replace the muscle glycogen used during practice.

Specific Food Ideas

Fruit & fruit juice
Whole wheat bread sticks
Pretzels
Breakfast cereal
Dried fruit
English muffin
Bagel
Graham cracker
Whole wheat fig bar
Frozen fruit juice bar
Whole wheat raisin bread
Homemade muffin
Whole grain crackers
Oatmeal raisin cookie
Air popped popcorn
Milk with cookies, crackers or mixed with frozen fruit in a blender (blueberries, banana, canned peach, etc. work well).
Tortilla
Pocket bread
Pudding
Cut-up vegetables
Gelatin with fruit and/or fruit juice
Oatmeal raisin cookie
Air popped popcorn

Toppings

all fruit jams
jelly
peanut butter
low fat cream cheese
vegetarian refried beans
reduced fat cheese
yogurt
salsa
cottage cheese
tuna