

NUTRITION CONDITIONING GOALS FOR SWIMMERS

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WHAT MY SWIMMERS TEND TO DO INCORRECTLY

Back load instead of front load

Deplete glycogen stores

Wait too long to replete

Shortchange pre early AM practices

1. PRIME TIME

WHEN

30-60 minutes PRE

Within 15 POST

During for practice > 1 hour duration

WHAT

20 ounces of fluid PRE + tennis ball size amount of food: as carbs: fruit, cereal, bread, AND protein: yogurt, milk, egg, cheese, nuts,

DURING

Water for the first hour

30 grams of carbohydrate per HOUR after the first hour

Gels, chews, shots, bloks, honey wands, sugar cubes, sports drinks

POST:

Within 15 to expedite recovery

24 ounces of fluid for every pound lost

3:1 ratio carbs: protein- low-fat chocolate milk, yogurt with fruit, peanut butter sandwich, trail mix of cereal, roasted soy nuts, fruit, bars, shakes

2. THINK YOUR DRINK

Fluid needs =70-90 ounces MINIMUM daily- NOT counting fluid for exercise

Average sweat loss for swimmers is 2.2-4.4 pounds

WHAT IS A FLUID? water, milk, juice, sports drink, coffee, tea, soda

How should you drink? Gulps are better than sips or water bottles

SEE YOUR PEE: Light colored and LOTS! IPee Daily App

Foods that count as fluid:

Soup

Fruit Ices

Gelatin

Popsicles

Fruit

CAFFEINE: a little may be ergogenic, but too much may be ergolytic

➤ **200 mg: jitteriness, restlessness, elevated heart and respiration rate**

➤ **5 hr energy shots, energy drinks, coffee, other sources**

3. CALCULATE YOUR SWEAT RATE

Pre-exercise weight – Post exercise weight (ounces)

+

Fluid consumed during exercise

÷

Number of hours of exercise

=

Hourly sweat rate

4. SALT LOSERS

Increase sodium in diet through sports drinks, soup, V8, tomato juice

Salty foods: pretzels, pickles, crackers

Salt on foods or salty condiments: Soy sauce, Worcestershire sauce

5. MEAL FREQUENCY

At least 3 meals per day

Snacks as mini meals may be warranted

6. CARBOHYDRATE NEEDS

The optimal fuel for EXERCISE

Need to consume carbohydrate with every meal

Needs increase with increased training:

SOURCES:

Bread	Bagels	English muffins	Muffins*	Pita
Tortillas	Rice	Pasta	Cereals	Crackers*
Pretzels				
Cookies*	Potatoes	Fruit	Fruit Juices	Candy*
Vegetables	Sports Drinks	Soda	Chips*	Cereal bars

*** May be Higher in fat/ lower in nutritional value SO NOT as many of these!**

7. PROTEIN NEEDS

At least 0.5 grams per pound body weight, but needs may need up to 0.9 grams protein per pound body weight per day

Equally divided over the course of the day

Not immediately available as an energy source for exercise

Important for recovery , to boost the immune system AND bone health

SOURCES

Chicken	Fish	Beef*	Pork*	Soy foods
Turkey	Eggs	Cheese*	Milk*	Shellfish
Soy burgers	Dried beans	Nuts and nut butters*		

* **Higher fat protein sources**

8. FAT REQUIREMENTS

0.45 grams/pound body weight

May not be consuming enough

Too much can cause cramps

Not enough can cause you to fatigue more quickly

TRY to limit high fat foods before exercise

FOODS TO LIMIT BEFORE EXERCISE:

Chips	French Fries	Pizza	Burgers
Ice cream	Doughnuts	Chocolate	Nuts
Nut butters	Fried meats	Bologna, salami, pepperoni	

9. GUIDELINES FOR EATING DURING MEETS

< 1 hour

Fruit

Crackers

Sports drinks

Honey/gels

Gelatin

Rice cakes with jam

2-4 hours

Bagel with peanut butter

Raisins

High carb sports bar

Yogurt

trail mix

Peanut butter crackers

> 4 hours

Sandwich

Meals

Eggs and toast

HYDRATION FOR MEETS

Start hydrating 24 hours **PRE** meets

14-20 ounces of fluid 2-3 hours **BEFORE WARM UPS**

Monitor urine color, drink more if necessary

IMMUNE SYSTEM BOOSTERS

Oatmeal

Tea

Yogurt

Vitamin C containing foods

TAPER

Filling up without filling out:

Low energy density foods: fruits, vegetables, salads, bean/vegetable soups, water-containing foods such as stews, chilis

Muscle glycogen stores can be filled by eating a high carb diet: 3.2-4.5 grams of carbohydrate/pound body weight 24 hours BEFORE a meet

PORTABLE FOODS

NON PERISHABLE PROTEIN

Tuna
Canned chicken
Roasted soy beans
Beans
Protein isolate

CARBOHYDRATE

Cereal
Crackers
Oatmeal
Microwaveable rice
Some Fresh fruit
Dried fruit
Bagels/rolls
Tortillas/wraps
Muffin
Sports bar
Fig bar
Graham crackers

FAT

Nuts
Nut butters
Seeds
Seed butters
Olives

PERISHABLE

Hummus
Yogurt
Eggs
Cheese
Cottage cheese
Milk
Shakes
Smoothies

Fresh vegetables
Baked white or sweet potato
Fruit juice
Some fresh fruit
Gelatin