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Nutrition for Performance

Nutrition Strategies

- 1. Meals that Energize
- 2. Eating on the Go
- 3. Recovery Nutrition
- 4. Nutrition On the Road
- 5. Eat to Race at Swim Meets



1. Meals that Energize

What is wrong with this meal?



How could you make the meal better?



2. Eating on the Go

Common Pitfalls

- Skip Breakfast
- Train Hungry
- Forget Snacks
- Crave Carbs
- Eat Out
- Little fruit or veggies
- Big meals, no snacks on the road

...No planning!



Eating for Performance

- Eat more often, every 2-3 hours.
- Never train on an empty stomach.
- Have a recovery drink after every workout.
- Focus on carbs and don't fill up on protein.
- Include vegetables, whole grains and protein at every meal.
- Avoid eating out and coffee shops.
- Pack your lunch and snacks.



Choose Real Foods

- Limit granola bars and sweets
- Choose fruits and vegetables first
- Pack extra Sandwiches for long days
- Make your own healthy snacks
- Give mom a list of best snack and lunch foods to buy!
- Read food labels



Pack Snacks for School, Lessons...

- | | |
|---|---|
| <ul style="list-style-type: none"> • Banana, Orange • Watermelon • Raisins, dried fruit • Fruit cup • Baby carrots • FruitToGo bar • FruitSource bar • Sport bar • Granola bar • Animal crackers • Fig Newtons | <ul style="list-style-type: none"> • Fruit Smoothie • Sport drink • Juice box • Crackers, pretzels • Cheese strings • Yogurt, granola • Sandwich • Chicken soup • Mini bagel, peanut butter • Cereal, milk • Oatmeal |
|---|---|



Lunches To Pack

- | | |
|--|--|
| <ul style="list-style-type: none"> • Raw peas • Carrots and dip • Sport bar • Sandwich • Pita wrap • Burrito wrap • English muffin, egg • Trail mix • Peanuts • Crackers, cheese | <ul style="list-style-type: none"> • Pasta salad • Mini cereal box • Bagel and tuna • Fruit bar • Soup in a thermos • Instant soup • Fruit puree cup • Cheese strings • FRUIT !!! |
|--|--|



3. Recovery Nutrition

What Fuels Your Muscles?



When Your Tank is Empty...

....carbohydrate stores run out:

- Reduced strength
- Slow reaction time
- Poor endurance
- Muscle breakdown
- Low immunity
- Tremble, shaky
- Lose focus

• body burns protein and fat → fatigue



Recovery Nutrition

Eat and drink within 30minutes after training to:

- Replenish muscle fuel stores
- Prevent muscle breakdown
- Build muscle and strength
- Boost immune system
- Delay fatigue at next practice
- Train harder

Improve performance quicker



What are Recovery Snacks?

- | | |
|--|--|
| <ul style="list-style-type: none"> • Fruit & yogurt • Sandwich • Bagel & peanut butter • Sport bar • Dried fruit, nuts • Popcorn • Soup in thermos • Crackers, cheese • Recovery drink • Tuna & pita chips • Baby carrots, hummus | <ul style="list-style-type: none"> • Cereal & yogurt • Low fat muffin • Canned fruit • Fruit puree cup • Smoothie • Yogurt drink • Chocolate milk • Booster juice • V8 juice • Carnation Instant Breakfast |
|--|--|



What is Dehydration?

- Lowers:
- strength
 - endurance
 - reaction time
 - speed
 - power
 - concentration



- Signs:
- weight loss
 - urine
 - sweat
 - heat
 - headache
 - cramps



How Much Do You Need to Drink?

- During the day?
- Before practice?
- During practice?
- After practice?





4. Nutrition On the Road

Travel Nutrition Plan

- Plan lunch and snacks for airplane/bus
- Book hotel rooms with kitchenette
- Buy fresh snacks at nearby grocery store
- Keep snacks in your room and swim bag
- Pack team recovery snacks
- Get list of nearby restaurants
- Pre-order takeout meal for team



Pack Your Travel Fuel Kit

Recovery drink powder	Peanut butter
Sport drink powder	Trail mix
Protein bars	Bagels/pitas
Granola bars	Tuna cans
Oranges, apples	Crackers
Dried fruit	Muffins
Yogurt	Cookies
Cheese strings	Granola
FruitSource bars	Baby carrots
	Snap peas




5. Swim Meets

Eat to Race

- Eat small amounts every 2 hours
- Snack on simple breakfast foods
- Avoid chips, fries, burgers, chocolate
- Eating too much will slow you down
- Stay light to swim fast
- Drink water, water, water



Swim Meet

Time	Food
6:30	Oatmeal, milk
8am	Race 1 (water)
8:30	Banana, yogurt, mueslix cereal
10am	Race 2 (water)
10:30	Cliff bar
11:30	Race 3 (water)
12pm	Turkey and veg sandwich, carrots, water
2pm	Race 4 (water)
2:30	Cheese, crackers, hummus, juice
4pm	Race 5 (gatorade)
4:30	Bagel, peanut butter, fruit cup, water
6pm	Race 6 (gatorade)
6:30	Spaghetti, meat sauce, salad, milk



Questions?