

*Jennifer O’Donnell-Giles MS RD CSSD*

*[www.jenngilesrd.com](http://www.jenngilesrd.com)*

**Take Away Points from RAC Nutrition Talk!**

**TIMING**-Time your meals and snacks around your swim training. Food is the fuel that powers our workouts!

**QUALITY-**Make good choices. The quality of your food matters! You body uses whole / natural foods better than processed foods.

**QUANTITY**- Eating small meals and snacks throughout the day (Ideally all meals should be the same size) will help avoid cravings and uncontrollable hunger. Feed your body throughout the day and it will pay you back with awesome performance!

**COMBINE NUTRIENTS** - Consume a good carb/good protein and good fat EVERY time you eat. This will help to control blood sugar throughout the day which in turn translates into optimal energy in the pool!

**RECOVER** - Eating within 15-20 mins after completing a swim session is VITAL to preparing your body to train again the next day. Bring a snack to the pool with you every day so that you ensure optimal recovery.

Meal and Snacks for Swimmers on the Go:

Overnight Cinnamon Apple Oats

Protein Smoothie

Low fat Chocolate Milk

Peanut butter and honey Sandwich (on whole wheat bread)

Mixed Fruit with sliced almonds

Chicken, spinach and Brown rice power bowl

Whole wheat Pita wedges and hummus

Pasta with lean turkey meat sauce

Toasted Bagel with egg and smashed avocado

Banana and almond butter

Greek Yogurt with slice strawberries

Roasted chic peas and edamame