

## Taper Time Nutrition Recommendations

In an effort to provide structure to your taper time nutrition plan, below are recommendations on how much carbohydrate (CHO), protein (PRO) and fat you need as you ease into your taper plan. These three specific nutrients are targeted because they provide calories to fuel, recover and maintain your body composition. Micronutrients, like vitamins, minerals, fiber, antioxidants and phytonutrients, are equally as important, but don't provide calories...

With changes in training volume and intensity during taper time, your food intake needs to change as well. For some, appetite and cravings will also go down during this time, but for others having a well laid out plan will help to make sure you stay on track and you should show up in Omaha ready for peak performance.

*\*Reminder: Your weight in pounds (lbs) /2.2 = Your weight in Kilograms\**

**Carbohydrates:** This is where the most change in your diet will occur. Carbohydrate fuels most activity in the pool, especially when "effort" is applied. When less work is completed, you will need less carbohydrates, and this is a simple way to cut calories when your training time drops. *\*Your weight in kgs x \_\_\_\_\_ g CHO = \_\_\_\_\_g Carbs needed daily*

**In-Season CHO Recommendations: 6 - 10g of CHO (per kilogram of body weight)**

**Initial Taper (week #1 of taper): 4-5g of CHO (per kilogram of body weight)**

**Final Phases of Taper (week #2 and 3): 3-5g of CHO (per kilogram of body weight)**

**Protein:** During taper the goal is to maintain the strength that you've developed in the weight room throughout the season, without having to maintain the same workload initially required to develop it. Numerous research studies have demonstrated that if protein intake is maintained or slightly increased, muscle mass and strength can be better despite a caloric restriction. Taper time is a crucial time to ensure protein is consumed in adequate amounts at every meal and snack. (at least 10-20g at a time).

*\*Your weight in kgs x \_\_\_\_\_ g PRO = \_\_\_\_\_g Protein needed daily*

**In-Season PRO Recommendations: 1.4-1.8g of PRO (per kilogram of body weight)**

**Initial Taper (week #1 of taper): 1.6-2.0g of PRO (per kilogram of body weight)**

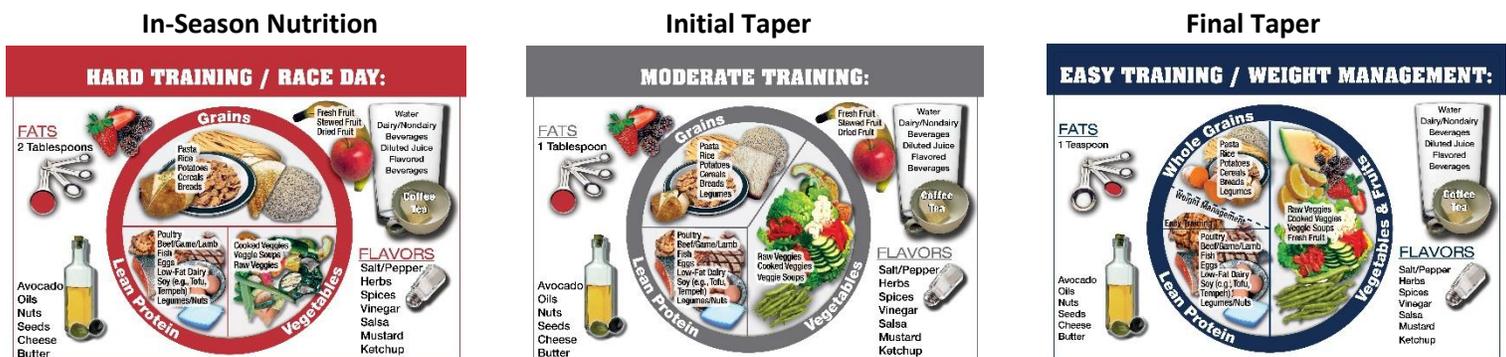
**Final Phases of Taper (week #2 and 3): 1.8-2.2g of PRO (per kilogram of body weight)**

**Dietary Fats:** Dietary fats should provide the balance of the calories that you need to maintain your body weight. Ideally, the sources of these fats should come from unsaturated sources (olive oil, avocados, fish, nuts) so that you have not only the needed calories, but they are in an antioxidant fighting form, that fills you up and provides extra flavor.

*\*Your weight in Kilograms x \_\_\_\_\_ g fat = \_\_\_\_\_g Fat needed daily*

**8 - 2.0g of Dietary Fats (per kilogram of body weight)**

**FOR VISUAL LEARNERS:** How you build your plate will change, from a Hard Training Day Plate, to an Easy Training Day Plate. The graphics below represent the same information/calculations as listed above.



### Food Sources of Carbohydrate

Common Carb Foods	Serving Size	Carb grams per serving
Bagel or English Muffin	1	30g
Bread	2	30g
1-6 in flour or wheat tortilla	1	15g
Pasta	2 cups	60g
Rice	1 cup	45g
Baked potato	1 small potato	15g
Graham crackers	3	15g
Popcorn	3 cups	15g
Whole-Wheat crackers	10	30g
Granola	¼ cup	15g
Sandwich crackers	3	15g
Snack chips (potato, tortilla)	9-13	15g
Oatmeal (cooked)	2 cups	60g
Apple, Banana, Orange, or Peach	1 fruit	15g
Strawberries	1¼ cup whole berries	15g
Fruit Juice	2 cups	60g
Granola bar	1 bar	22.5g
Sport Drink	16 oz (2 cups)	30g
Quinoa (cooked)	1 cup	30g
Corn	2 cups	30g
Green peas	1 cup	30g

### Food Sources of Protein

Common Protein Foods	Serving Size	Protein grams per serving
Chicken, Turkey, Fish, Lean Beef, or Pork	3 oz	22.5g
Tuna (canned in water)	1 cup	30g
Lunch meat	2 slices	15g
Eggs	2 eggs	15g
Egg Whites	4 egg whites	15g
Cottage Cheese	½ cup	30g
Beans, peas, lentils (cooked)	1 cup	30g
Cheese	1 oz (2 slices)	15g
Feta or Mozzarella Cheese	1 oz	7g
Tofu	2 cups	30g
Bacon	5 slices	12g
Peanut Butter	4 tbsp	15g
Shellfish	3 oz	22.5g
Parmesan cheese, grated	2 tbsp	7g
2% milk, soy milk or lowfat chocolate milk	2 cups	16g
Lowfat or Greek yogurt	1 cup	11g

### Food Sources of Fat

Common Fat & Oils Foods	Serving Size	Fat grams per serving
Peanut Butter	2 tsp	5g
Avocado	1/2	20g
Oil or Mayo	1 tsp	5g
Black Olives	8 olives	5g
Green Olives	10 olives	5g
Almonds	12	10g
Peanuts	10	5g
Pecans or Walnuts	4	5g
Sesame, sunflower, or pumpkin seeds	2 tbsp	10g
Reduced-fat Mayo	1 tbsp	5g
Salad Dressing	2 tbsp	10g
Reduced-fat Salad Dressing	4 tbsp	10g
Butter	1 tsp	5g
Shredded Coconut	2 tbsp	5g
Cream or Sour Cream	2 tbsp	5g
Cream Cheese	2 tbsp	10g
Flax Seed	2 tbsp	5g
Chia Seeds	2 tbsp	10g
Hemp Seeds	2 tbsp	5g
Parmesan Cheese	½ cup	10g
Feta or Goat Cheese	2 tbsp	

## In-Season

Meal	60kg Athlete
Breakfast	1 Eggs 5g Pro 1.5 cup Cooked Oatmeal 5g Pro, 37g Carb
Post Training Recovery	Smoothie: 1 cup greek yogurt + ½ frozen banana + ½ cup orange juice + ½ cup frozen berries + 1 cup spinach 23g Pro, 55g Carb
Snack	2 tbs Hummus Vegetable Sticks 2g Pro, 6g Carb 5 whole wheat crackers 15g Carb, 3g Pro
Lunch	2 slices whole wheat bread + 2 oz deli meat + 1 oz of Swiss cheese Lettuce/Tomato/Cucumber 22g Pro, 35g Carb 1.5 cup applesauce 45g Carb
Snack	Trail Mix: 2 tbs almonds + ¼ cup pumpkin seeds + ½ cup dried fruit 12g Pro, 35g Carb 1.5 cup fresh fruit 45g Carb
Dinner	2 oz chicken breast + 1 cup cooked quinoa + 1 cup roasted vegetables 26g Pro, 40g Carb 1 small baked potato 15g Carb
Snack	1 cup 2% milk 8g Pro, 12g Carb 4 cups popcorn 19g Carb

Total Protein = **108g** Protein/Day  
Total Carbohydrate = **364g** Carbohydrates/Day

## Initial Taper

Meal	60kg Athlete
Breakfast	2 Eggs 10g Pro 1 cup Cooked Oatmeal + ½ cup dried fruit 10g Pro, 60g Carb 1 medium fruit 22g Carb
Post Training Recovery	Smoothie: 1 cup greek yogurt + ½ frozen banana + ½ cup orange juice + ½ cup frozen berries + 1 cup spinach 23g Pro, 55g Carb
Snack	4 tbs Hummus Vegetable Sticks 4g Pro, 12g Carb 10 whole wheat crackers 30g Carb, 6g Pro
Lunch	2 slices whole wheat bread + 2 oz deli meat + 1 oz of Swiss cheese Lettuce/Tomato/Cucumber 22g Pro, 35g Carb 1 cup cooked corn 6g Pro, 30g Carb
Snack	Trail Mix: 2 tbs almonds + ¼ cup pumpkin seeds + ½ cup dried fruit 12g Pro, 20g Carb
Dinner	3 oz chicken breast + 1 cup cooked quinoa + 1 cup roasted vegetables 33g Pro, 40g Carb
Snack	1 cup 2% milk 8g Pro, 12g Carb ½ cup dried fruit 30g Carb

Total Protein = **126g** Protein/Day  
Total Carbohydrate = **240g** Carbohydrates/Day

## Final Taper

Meal	60kg Athlete
Breakfast	2 Eggs 10g Pro 1 cup Cooked Oatmeal 5g Pro, 30g Carb
Post Training Recovery	Smoothie: 1 cup greek yogurt + ½ frozen banana + ½ cup orange juice + ½ cup frozen berries + 1 cup spinach 23g Pro, 55g Carb
Snack	4 tbs Hummus Vegetable Sticks 4g Pro, 12g Carb
Lunch	2 slices whole wheat bread + 4 oz deli meat + 1 oz of Swiss cheese Lettuce/Tomato/Cucumber 37g Pro, 35g Carb
Snack	Trail Mix: 2 tbs almonds + ¼ cup pumpkin seeds + ¼ cup dried fruit 12g Pro, 20g Carb
Dinner	4 oz chicken breast + 1 cup cooked quinoa + 1 cup roasted vegetables 40g Pro, 40g Carb
Snack	1 cup 2% milk 8g Pro, 12g Carb

Total Protein = **131g** Protein/Day  
Total Carbohydrate = **204g** Carbohydrates/Day

## In-Season

Meal	80kg Athlete
Breakfast	1 Eggs 5g Pro 1.5 cup Cooked Oatmeal 5g Pro, 37g Carb
Post Training Recovery	Smoothie: 1 cup greek yogurt + ½ frozen banana + ½ cup orange juice + ½ cup frozen berries + 1 cup spinach 23g Pro, 55g Carb
Snack	2 tbs Hummus Vegetable Sticks 2g Pro, 6g Carb 20 whole wheat crackers 75g Carb, 12g Pro
Lunch	2 slices whole wheat bread + 4 oz deli meat + 1 oz of Swiss cheese Lettuce/Tomato/Cucumber 37g Pro, 35g Carb 1 cup fruit juice 30g Carb 1.5 cup applesauce 45g Carb
Snack	Trail Mix: 2 tbs almonds + ¼ cup pumpkin seeds + ½ cup dried fruit 12g Pro, 35g Carb 2 cup fresh fruit 60g Carb
Dinner	4 oz chicken breast + 1.5 cup cooked quinoa + 1 cup roasted vegetables 44g Pro, 55g Carb 1 large baked potato 30g Carb
Snack	1 cup 2% milk 8g Pro, 12g Carb 4 cups popcorn 19g Carb

Total Protein = 140g Protein/Day  
Total Carbohydrate = 494g Carbohydrates/Day

## Initial Taper

Meal	80kg Athlete
Breakfast	2 Eggs 10g Pro 1 cup Cooked Oatmeal + ½ cup dried fruit 10g Pro, 60g Carb
Post Training Recovery	Smoothie: 1 cup greek yogurt + ½ frozen banana + ½ cup orange juice + ½ cup frozen berries + 1 cup spinach 23g Pro, 55g Carb
Snack	3 tbs Hummus Vegetable Sticks 3g Pro, 7g Carb
Lunch	2 slices whole wheat bread + 3 oz deli meat + 1 oz of Swiss cheese Lettuce/Tomato/Cucumber 29g Pro, 35g Carb 1.5 cup fresh fruit 45g Carb
Snack	Trail Mix: 3 tbs almonds + ¼ cup pumpkin seeds + ½ cup dried fruit 16g Pro, 37g Carb
Dinner	4 oz chicken breast + 1½ cup cooked quinoa + 1 cup roasted vegetables 43g Pro, 55g Carb
Snack	1 cup 2% milk 8g Pro, 12g Carb 1 cup unsweetened applesauce 30g Carb

Total Protein = 142g Protein/Day  
Total Carbohydrate = 336g Carbohydrates/Day

## Final Taper

Meal	80kg Athlete
Breakfast	2 Eggs 10g Pro 1 cup Cooked Oatmeal 5g Pro, 30g Carb
Post Training Recovery	Smoothie: 1 cup greek yogurt + ½ frozen banana + ½ cup orange juice + ½ cup frozen berries + 1 cup spinach 23g Pro, 55g Carb
Snack	4 tbs Hummus Vegetable Sticks 4g Pro, 12g Carb
Lunch	2 slices whole wheat bread + 3 oz deli meat + 1 oz of Swiss cheese Lettuce/Tomato/Cucumber 29g Pro, 35g Carb 1.5 cup fresh fruit 45g Carb
Snack	Trail Mix: 3 tbs almonds + ¼ cup pumpkin seeds + ¼ cup dried fruit 16g Pro, 22g Carb
Dinner	4 oz chicken breast + 1 cup cooked quinoa + 1 cup roasted vegetables 40g Pro, 40g Carb ½ cup fresh cut fruit 15g Carb
Snack	1 cup 2% milk 8g Pro, 12g Carb 2 part-skim string cheeses 15g Pro

Total Protein = 150g Protein/Day  
Total Carbohydrate = 266g Carbohydrates/Day