



Florida Elite Meet Nutrition Packet

Intro:

This packet is just to be used as a guide. Mix and mash anything you see fit for this is just to be used as some basic and standard knowledge. We want our athletes to practice and perform at the highest level, but that starts with education on how to fuel our bodies. Have you ever had a swimmer complain during the meet about not feeling good? Well coaches do, all day every meet an athlete comes up to a coach and talks about not feeling good OR, feeling exhausted....some may feel like they have a headache, others may feel like they want to throw up....it's easy to blame these moments on nerves and or exhaustion from the week of practice....but what's really going on here? Why is your child ALWAYS not feeling good at meet? Well, the answer is simple....it's what they are putting in their bodies before, during, and after their swim meets. This will help parents and athletes understand the relationship between what you eat and how you perform.

LET'S DIVE IN!

For example, without sufficient protein, muscles cannot grow stronger. Without enough calcium, magnesium, potassium and other nutrients, muscles cannot contract and relax at the proper times. Lastly, if a swimmer eats too much sugar at the wrong time, their energy will quickly diminish resulting in weakness and fatigue.

Training and competition require large amounts of energy, which comes from carbohydrates, fats and protein in your body. If you do not consume enough of these macronutrients from your diet, your body will not be able to perform at a peak level.. The energy needs of an athlete differ if you are male or female. As you get older, your energy needs will change again as your body grows and you acquire more muscle. Changes in training, such as higher intensity and more volume, also requires more energy used by your body.

For example a 15 year old male sprinter doing 5,000 yards might require 3,500-4,500 calories a day but if the same athlete was a distance swimmer doing 9,000 yards daily he will probably need closer to 5000-6000 calories a day. If a 17 year old female did the same workouts, she may need 2,750-3,750 calories or



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4,000-5,000 calories respectively. Fueling for performance is specific to the individual. It not only alters athletic performance but can also change your mental state, ability to focus, school work, etc. It can often be beneficial to meet with a Sports Dietitian to assess your needs and come up with a game plan! In the meantime, here are some tools to support you.

Before The Workout:

The ideal pre-workout fueling includes both a full meal 3-4 hours before practice and a snack or “top-off” about 45-60 minutes before. If you have an afternoon workout, no problem! But for swimmers, it’s just that much more challenging to fuel ourselves because practice begins at 6am sometimes. If you have an early workout the best thing we can do is provide the body with quick energy as soon as we wake up for a workout. Sometimes this means waking up a few minutes early to make what we need. Carbohydrates that provide quick, easily digested energy for pre workout meals are listed below.

UCAN: Before working out, fuel yourself with the edge energy!



For optimal pre-workout energy, consume one pouch of Edge about 30 minutes before exercise.

During longer workouts over 90 minutes, consume one pouch of Edge every 60 minutes during exercise.



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For optimal pre-workout energy, drink one serving of UCAN Tropical Orange Energy Powder 30-45 minutes before workout.

During longer workouts, drink a serving every 60-90 minutes, or preload with two servings.

STAY AWAY FROM FAST FOOD BEFORE PHYSICAL ACTIVITY. Oftentimes when our athletes complain about stomachaches and headaches during physical activity like practice and or meets, it is because of the food sources they put in prior. Food is the gas, your body is the tank.....put good, clean, and long-lasting gas in the tank so that we can slam the gas peddle and go from 0-100!

An ideal meal includes:

- 1. Mostly starchy carbs (bread, rice, pasta, potatoes)**
- 2. Carb rich fruits and veggies of all colors (avoid salad and raw vegetables)**
- 3. Small serving of lean protein – chicken, turkey, eggs, beans, low fat dairy**
- 4. Fluids (water or sports drink with minimal caffeine)**
- 5. Salty foods (pretzels, trail mix, etc)**



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Before practice or competition AVOID:

- Foods you haven't tried before
- Cream based sauces and soups
- High fat meats
- Fried foods
- Spicy foods
- High sugar items such as soda or sweets



Pre-workout Fuel

<i>Breakfast Ideas:</i>	<i>Lunch and Dinner Ideas</i>
<ul style="list-style-type: none"> • Cereals (hot and cold) • Fruit and fruit juice • English muffins, toast, bagels • Tortillas • Granola or cereal bars • Pancakes, waffles, French toast • Smoothies • Skim or low-fat milk • Low-fat yogurt • Sports drinks • Energy bars, gels, chews 	<ul style="list-style-type: none"> • Breads, bagels, English muffins, tortillas • Baked potatoes or sweet potatoes • Rice • Spaghetti with tomato based sauce • Macaroni and cheese • Broth based soups (i.e. vegetable, chicken noodle) • Fruit, fruit juice, frozen fruit pops • Smoothies • Sports drinks • Energy bars, gels, chews
<p><i>Have smaller portions of:</i> Eggs; nuts and peanut butter; lean meats such as chicken, ham, or turkey; low fat breakfast sausage or bacon; supplements with >5g protein per svg.</p>	<p><i>Have smaller portions of:</i> Nuts and peanut butter; lean meats such as chicken, turkey, beef, or fish; tofu; soy; supplements with >5g protein per svg.</p>



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UCAN energy bars are a great pre-workout and post-workout snack!

To fuel workouts optimally, eat one UCAN Energy Bar 30-90 minutes before your workout.

To curb post-workout cravings, eat one bar immediately after workout to help get you to next meal without a crash.

To get a daily boost of energy and to curb hunger, eat one bar for breakfast or between meals for feel-good energy.

To get a needed boost of energy wherever you go, toss on in your backpack or bag before you take off on your next outdoor adventure.

During workout

Recovery begins the minute you start working out. During practice you are constantly burning fuel. In order to be at your best through a two hour long workout and especially when doing doubles, you need to be fueling during practice. You have to train your body to do this, its not always easy! Practice when you're in a workout using sports drinks, fruit, granola bars, crackers, bagels, fruit snacks, dry cereal, etc.



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- 30-60 grams of carbohydrate is recommended per hour for those exercising 60 minutes or more
- Small amounts of protein (5-10 grams) per hour during exercise along with the carbohydrate have also been shown to have positive effects on muscle recovery
- Drink 6-8 ounces of fluids every 15-20 minutes as tolerated
- **KEY TO SUCCESS:** Start out consuming something small or a liquid form of carbohydrate in order to allow your stomach a chance to adjust to consuming calories/energy while working out. Some people get an upset stomach when trying this, the challenge is to find the right carb source for you and stick with it to give your body a chance to see how much better it will feel with fuel available.

Less than 1 hour:	More than 1 hour:
<ul style="list-style-type: none">● Focus on getting 8+ oz of fluid and carbs● Small portions● Familiar foods● Examples include: water, carb drinks, apple slices, banana, berries, bagels, crackers, dry cereal, fruit juice	<ul style="list-style-type: none">● Focus on getting 16+ oz of fluid and a carb/protein snack or meal● Larger portions● Familiar foods● Examples include peanut butter crackers and a piece of fruit, ½ PB&J, yogurt parfait, trail mix and a piece of fruit,

If your practice/meet is only an hour-long, YOU DO NOT NEED ANYTHING OTHER THAN WATER. If you are going for longer, then you want to have a Gatorade or Powerade, something with some sugar in it because your body needs those carbs to get through workout physically. 1 hour try to stick to 16 to 25 oz. **PRACTICE TIP:** Water intake is different for everyone, so the best way to know how much water you need personally, is to weigh yourself before and after your physical activity. Then you can calculate fluid losses better. So if you lose a 1lb at the end of a workout, you want to make sure you replenished at least 16 oz and additional fluids for rest of the day. If you are consistently drinking water throughout a workout



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and still lose a lot of fluid weight, that is when some extra electrolytes will help. **WE SWEAT IN THE WATER!!!** Just something to remember because even a 2% in fluid losses can impact a performance majorly.



Drink one serving before, during or after workout to replace electrolytes lost through sweat. Can be consumed every 1-2 hours to improve hydration and increase energy.

For people leading active lifestyles, drink a serving a day to boost hydration and energy while avoiding sugary drinks.

Recovery tips to take with you

- **Plan ahead.** Keep a variety of nutritious ready-to-eat snacks in your swim bag or locker, such as whole-grain crackers, low-fat cheese sticks, fruit, PB&J, granola bars, etc.
- **Begin recovery within 30-45 minutes** after practice or competition followed by a meal within 2 hours. Liquid carbohydrate or simple carbs can be utilized during workout or right after to speed up absorption and recovery.
- Your post workout snack should include carbohydrate and protein in a **3:1 carb to protein ratio** (3 grams of carbohydrate for every 1 gram of protein).
- **Keep portion control** in mind. Replace muscle fuel or carbohydrate utilized during practice along with the energy you need to support your body's normal functioning. The



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higher the volume and intensity of a workout the more fuel you need to recover with. That being said, you don't have to replace everycalorie you burn.

- *Provide protein* to aid in repair of damaged muscle tissue and to stimulate development of new tissue. More is not better, so shoot for 20-40 grams of protein in your recovery snacks and meals.

AFTER THE ACTIVITY

After the workout, you want protein and carbs! Mostly carbs... if you're not exactly hungry, - **CHOCOLATE MILK!!!!!!**

Remember to eat smart AFTER your meet if you have another day of competition the next day!

Quality Protein Snack Options for after practice

Snack	Protein grams (g)
Peanut Butter (4 Tbsp)	20 g
Nuts (1 cup)	30 g
String Cheese	10 g
2 eggs	20 g
Chocolate Milk (8 oz)	25 g
Greek Yogurt (6 oz)	15-20 g
Hummus (1/2 cup)	10 g
Cottage Cheese (1 cup)	30 g

Quality Carbohydrate Snack Options for after practice

Snack	Carbohydrate grams (g)
Raisin Bran (1 cup dry)	45 g
Bagel (whole)	40 g
English Muffin	25 g
Instant Oatmeal	30 g
Chocolate Milk (8 oz)	25 g
Raisins (1/3 cup)	40 g
Apple/Banana/Orange	20-25 g
Gatorade (8 oz)	10 g



To start your day strong with a boost of energy and fuel your morning workout, eat one serving of granola for breakfast. To get an extra dose of energy or to curb hunger, eat one serving of granola between meals for feel-good energy. To get



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a needed boost of energy wherever you go, put a serving of granola in your backpack or bag before you take off on your next outdoor adventure.

Steps to Being Well Hydrated

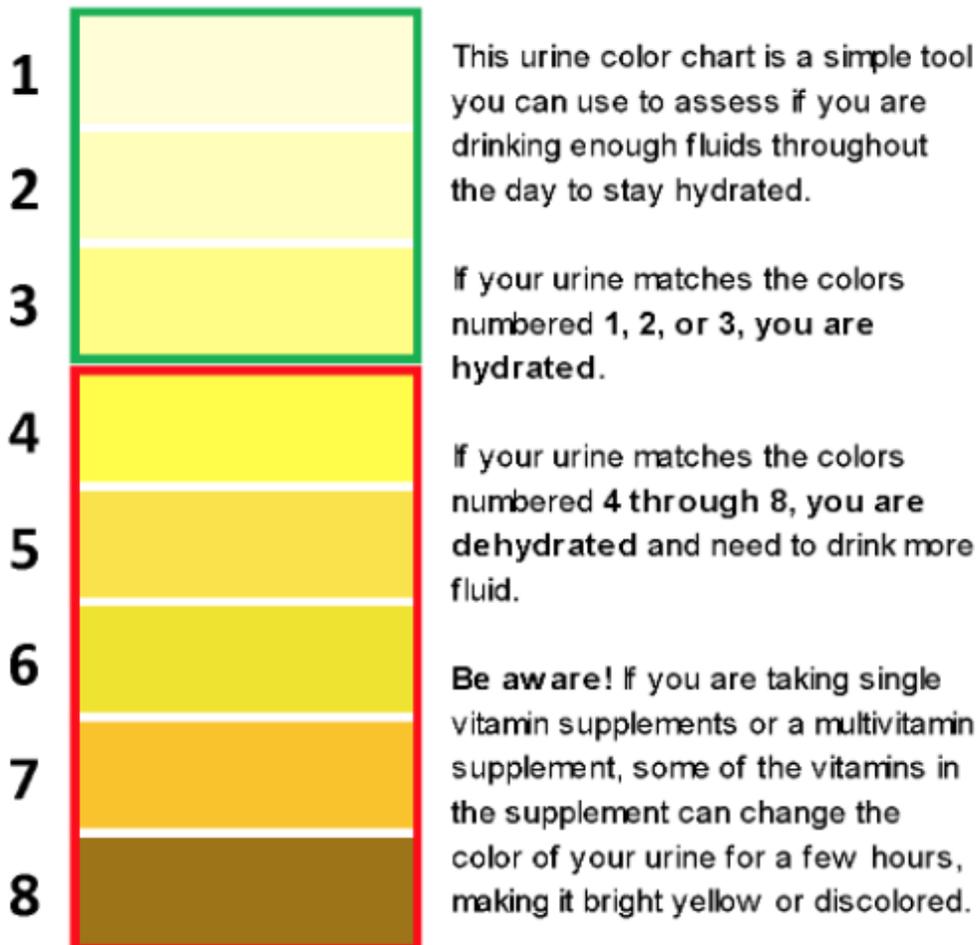
- 1. Begin exercise well hydrated. Drink 16 oz about 2 hours before practice and another 8-16 oz about 15-20 minutes before practice.**
- 2. Weigh yourself before you get in the pool.**
- 3. During exercise**
 - If less than 60 minutes, drink 6-12 oz of water every 20 minutes**
 - If more than 60 minutes drink 6-12 oz every 20 mins of a 6-8% carb solution drink (ie Gatorade)**
- 1. Weigh yourself after to calculate sweat rate. For every pound you lose, drink 16-24 oz of fluid.**
- 2. Drink water with every meal to ensure pale yellow colored urine to indicate you are hydrated (check out the hydration chart).**
- 3. After exercise, drink water with carbohydrates to speed up the recovery process. Thirst lags behind the body's need. Prevent yourself from becoming thirsty because if you're thirsty, then you are already dehydrated.**



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Am I Hydrated?

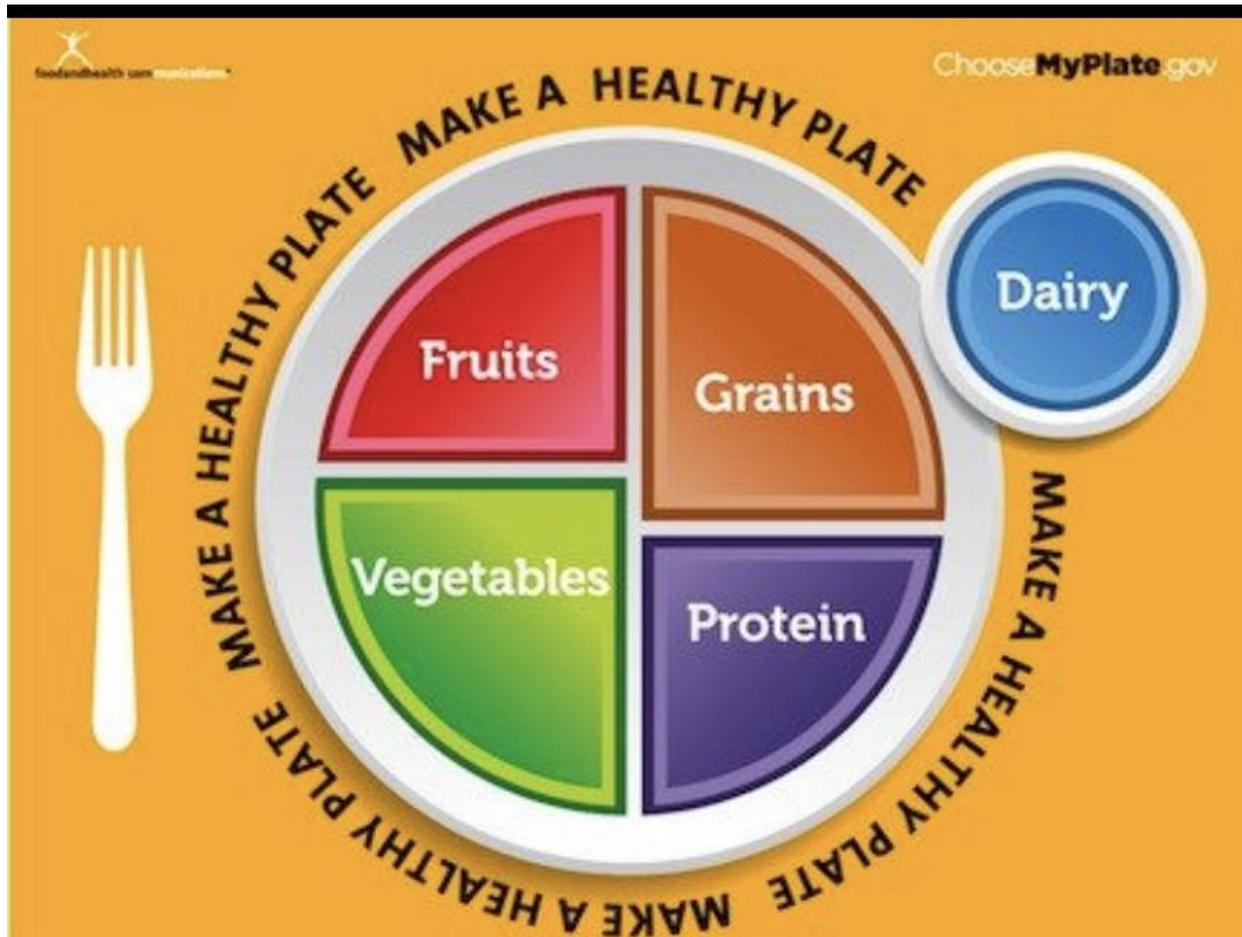
Urine Color Chart



MY PLATE!

Ucan[®]

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Vegetables	Fruits	Grains	Protein	Dairy
<p>Vary your veggies.</p> <p>Any vegetable or 100% vegetable juice counts as a member of the vegetable group.</p> <p>Fill half your plate with fruits and vegetables.</p>	<p>Focus on fruits.</p> <p>Whole fruit is preferable to juice but any fruit counts: fresh, frozen, canned, 100% juice or dried.</p> <p>Fill half your plate with fruits and vegetables.</p>	<p>Make at least half your grains whole.</p> <p>Read labels to find more whole grain foods like whole wheat, oatmeal and brown rice.</p>	<p>Go lean with protein.</p> <p>Keep portion to 1/4 of the plate.</p> <p>Nuts, beans/peas, seeds, poultry, lean meat, seafood, soy and eggs are in this group.</p>	<p>Get your calcium-rich foods.</p> <p>Remember to choose skim milk or 1% milk.</p> <p>Try nonfat yogurt.</p> <p>Keep choices low in fat, sodium and sugar.</p>



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THE US FOOD PLATE

DAIRY
Move to low-fat or fat-free milk or yogurt

- ▶ Include fat-free or low-fat milk as a beverage at meals.
- ▶ Add milk instead of water to prepare oatmeal and hot cereals.
- ▶ Use milk when making condensed cream soups - like tomato.
- ▶ Choose calcium-fortified juices, cereals, and breads if you can't eat dairy products.

FRUITS
Focus on fruits

- ▶ Vary fruit and juice choices - they vary in nutrients.
- ▶ Top cereal, pancakes, waffles and yogurt with berries or diced fruit.
- ▶ Snack on dried fruits - they are easy to carry and store well.
- ▶ Select canned fruits in 100% juice or water, not syrup.

GRAINS
Make half your grains whole grains

- ▶ Choose whole grains instead of refined grains.
- ▶ Try brown rice or whole-wheat pasta.
- ▶ Choose foods that list a whole grain first on the label - color is not an indication.
- ▶ Add barley, bulgur or quinoa to soups, stews and casseroles.

VEGETABLES
Vary your veggies

- ▶ Buy fresh vegetables in season - keep frozen on hand, too.
- ▶ Plan meals around a vegetable main dish, such as a vegetable stir-fry.
- ▶ Keep cut-up vegetables in a seal-through container in the refrigerator.
- ▶ Shred carrots or zucchini into meatloaf, casseroles, and quick breads.

PROTEIN FOODS
Vary your protein routine

- ▶ Start with lean choices, and remove visible fat and skin.
- ▶ Choose fish more often.
- ▶ Use dry beans or peas in meals.
- ▶ Add nuts to salads or main dishes as a substitute for meat.

A Whole Diet Approach to Healthy Eating
For individual recommendations on food intake for your age and activity level go to: ChooseMyPlate.gov

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affiliate username is: FloridaEliteSwimming



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Why shopping through our link is important!

- Your 15% discount will automatically populate into someone's shopping cart, once they add an item.
- Your referral URLs will ALWAYS be updated to reflect the sale offer being given by the brand, while still offering 10% off on all other products
 - Ex. Bar sale for 20% off bars. Your code will offer 20% off bars, while still offering 15% off all other UCAN products.

Bundles and subscriptions are not eligible for an extra discount

- Even if someone is buying a bundle, which is not code eligible, as long as they shop through our referral URL, we get will still get credit for the sale! If they don't shop through our link and try to type in your code, it will tell them codes are ineligible and not tag us to your order (unless you are already existing customer from a previous purchase)