



## GREEN MACHINE SMOOTHIE

RECIPE

by Alicia Kendig

The stress of training, lack of sleep and hectic schedules can be very taxing on the immune system. Incorporating fresh fruit and vegetables into your daily food intake is not only beneficial to your immune system, but can also help you to recover from hard, stressful days of training.

Sitting down and eating a large salad or preparing a fruit salad takes some prep time, and time to sit down and enjoy it. If you are on the go, try one of these Green Machine smoothies to get multiple servings of fresh fruits and vegetables in one refreshing drink.

One serving has the equivalent of 3 cups of spinach, packed full of iron to keep your energy levels up for exercise. The vitamin C from the orange juice helps to unlock and absorb that energizing iron, and the ginger and garlic have immunity-boosting powers to fight off the stress of travel and training. The apple, orange and lime add a refreshing taste that makes it hard to believe you're getting so much nutritional value in a delicious, on-the-go beverage.

### INGREDIENTS

1 cup ice  
 1 ½ cups fresh-squeezed orange juice  
 Juice of ½ a lime  
 1 unpeeled apple (or peeled banana)  
 2 tsp ginger  
 1 clove garlic (minced)—optional  
 1 medium bag of spinach (6 cups of spinach)  
*Makes 2 Servings*  
 y Fiber: 2g

### NUTRITION FACTS

(per serving)  
 Calories: 155  
 Protein: 4g  
 Carbohydrate: 35g  
 Dietary Fiber: 5.0g  
 Total Fat: 0g  
 Vitamin C: 120mg  
 Iron: 32mg

# WHAT TO EAT FOR THE BIG MEET

Chris Rosenbloom, PhD, RDN, CSSD

**A** big meet is coming up in a couple of days so what should I eat to perform at my best? Many young swimmers frequently ask this question. But you wouldn't jump in the pool to compete in an important meet with just 1-2 days of preparation, would you? This season, take steps to eat a high-performance diet all year-round to build a solid base for competition. Try these three steps for a successful season.

**1 Think Quality, Not Quantity.** Swimmers burn a lot of calories in the pool, but many think that gives them license to eat whatever they want. Make every calorie count by choosing foods that do double duty: provide your body with calories and nutrients. Lean meat, fish or poultry that is grilled, roasted, baked or broiled provides quality protein. Rotisserie chicken, smoked turkey breast, water-packed tuna, grilled salmon, roasted pork loin, pan-seared tilapia or charbroiled flank steak are better choices than fatty burgers, hot dogs, sausage, bacon or fried fish sandwiches. Quality carbohydrates include fresh fruit, 100% fruit juice, juice-packed canned fruit, fresh, frozen or canned vegetables, whole grain breads (try newer breads like bagel thins, pita pockets, tortilla or flatbread wraps), whole grain cereals, brown or wild rice, whole grain pasta, and grains like quinoa or faro. Dairy foods are also powerhouse choices because they are loaded with quality protein and carbohydrates plus calcium, vitamin D, potassium and host of other vitamins and minerals. Low-fat milk, regular or Greek yogurt, low-fat cheese, and frozen yogurt are all good choices. Nuts and seeds provide protein, healthy fats and fat-soluble vitamins and are good for snacks or adding crunch to your meals.

**2 Repair and Recover.** If you train for more than 60 minutes each day, then you need to resupply your muscles with fuel within the hour after exercise. Carbohydrates replenish muscle glycogen that is depleted after a high-intensity workout and protein repairs muscles and supply amino acids to stimulate muscle protein growth. Food combinations that provide both nutrients include Greek yogurt mixed with honey and nuts, grilled cheese and tomato sandwiches, milkshakes or yogurt smoothies, or a good old PBJ.

**3 Track Your Progress.** Use free nutrition tracking tools downloaded to your smart phone. Try the free tools listed at [www.usaswimming.org/nutrition](http://www.usaswimming.org/nutrition). And, when in doubt, check with a registered dietitian/nutritionist for individualized performance plans.

Today's athletes don't have the luxury of an off-season. A smart swimmer knows that good nutrition + training = successful season.

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