



Racing Fuel



FoodisFuel101 on Instagram
Lisa@aquajets.com

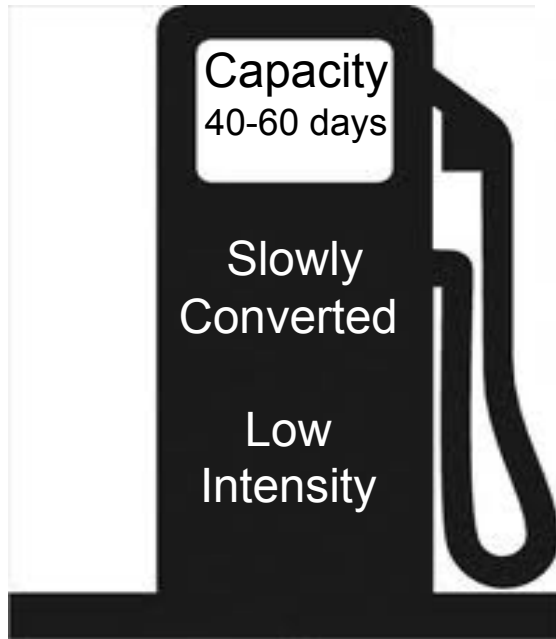
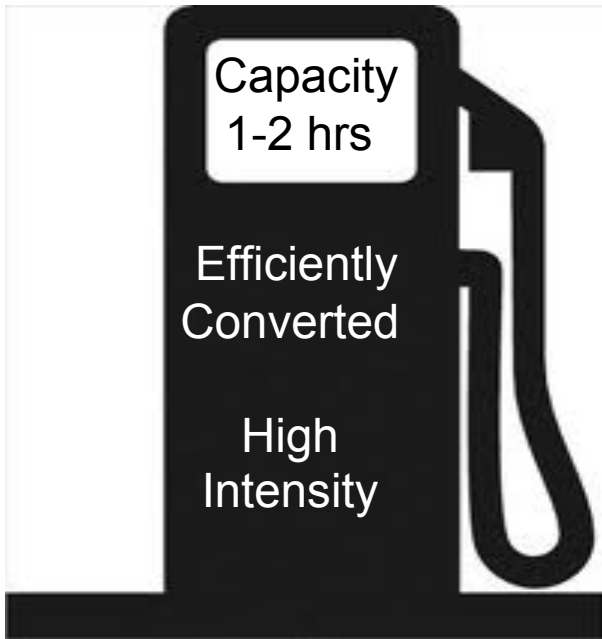
Food is FUEL



O₂

CARBOHYDRATES

FAT



Primary Energy



PROTEIN

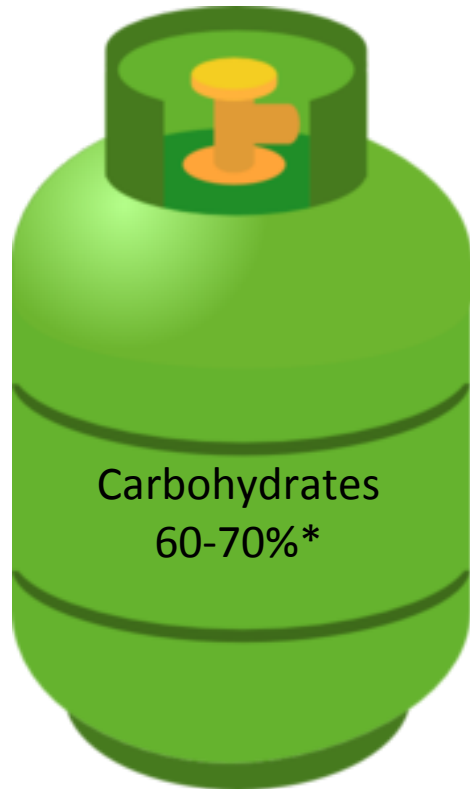
Build, Repair
Maintenance

How Much Fuel Do You Need?

Approximately

60-20-20

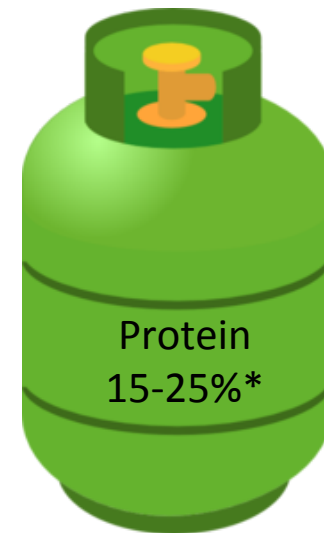
% of Total Calories



3-6g per lb body weight



.6-.9g per lb body weight



.5 -.8g per lb body weight

Female Swimmer ~ 2700-3500 cal / day

Male Swimmer ~ 3500-4500 cal / day



What do I eat the day before a meet?



Good Fuel. Everyday.

My Healthy Plate - MHP

HEALTHY EATING PLATE

HEALTHY OILS
Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.

VEGETABLES
The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

FRUITS
Eat plenty of fruits of all colors.

WATER
Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

WHOLE GRAINS
Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

HEALTHY PROTEIN
Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

STAY ACTIVE!
© Harvard University

Harvard School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource

Harvard Medical School
Harvard Health Publications
www.health.harvard.edu

365 Days!

Daily Good Fuel



High Quality Practices



Faster Swimming!

My Healthy Plate – MHP

Examples



Start the Day Strong!



Goal - ½ Plate of Veggies & Fruit Each Meal!

Pack Your Lunch



More Examples of MHP
on
Instagram: FoodisFuel101



What do I eat *just before* the meet?

PRE-MEET FUEL

- 2-4 Hours Before 1st Event
 - Mostly Carbohydrates*
 - Some Protein, Avoid Fat
 - Water!



*0.5 – 1.5g carbohydrates per pound body weight (lower end as you get closer to event)

Pre-Meet Fuel Examples



1-hr or less before 1st event

Easily digestible carbohydrates

- ½ bar
- Raisins
- Banana
- ½ bagel
- Pretzels (handful)
- Fig bar (x2)
- Apple sauce
- Sports drink (8oz, diluted)
- Toast (1 slice)
- Crackers (x5)

•WATER!

2-3 Hours before 1st event

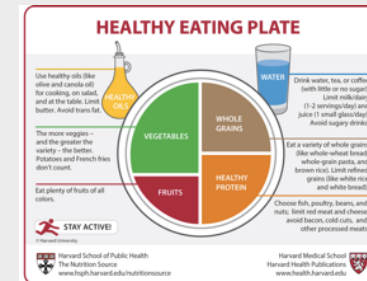
Solid (complex) carbohydrates

- Baked potato (plain)
- whole grain cereal + milk
- Whole grain bagel/bread + p.b.
- Berries (banana) & honey over f.f. greek yogurt
- Fruit/Veggie smoothie (no added sugar)
- Oatmeal + milk + fruit
- Bar
- Fresh fruit

•WATER!

4 or more hours

My Healthy Plate





What do I eat *during* the meet?

MEET FUEL

- Size of a Snack
- Mostly Carbohydrates
- A Little Protein OK, Avoid Fat
 - Pack a Variety
 - NIBBLE and SIP
 - Water!



Meets: Racing Fuel

Examples



< 1 hour between events	2-3 Hours between events	4 or more hours
<ul style="list-style-type: none"> • <u>Easily digestible, liquid carbs</u> • <u>swigs and nibbles</u> • Diluted sports drink • Liquid carbohydrates • Fruit – banana, orange, watermelon, cantaloupe, berries... • Fruit puree • WATER! 	<ul style="list-style-type: none"> • <u>Solid carbohydrates</u> • Cereal + fruit • ½ bagel + fruit • ½ bar + fruit • Pretzels + fruit (my girls' go-to) • Stave off hunger with a bite of protein – yogurt, lowfat cheese, hard boiled egg) • WATER! 	<p><u>My Healthy Plate</u></p> <p>HEALTHY EATING PLATE</p> <p>Use healthy oils like olive and canola oil for cooking, on salad, and at the table. Limit butter. Avoid trans fat.</p> <p>Drink water, tea, or coffee. Health: little or no sugar. Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.</p> <p>The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.</p> <p>Choose fish, poultry, beans, and nuts. Limit red meat and cheese. Avoid bacon, cold cuts, and other processed meats.</p> <p>STAY ACTIVE! © Harvard University Harvard School of Public Health The Nutrition Source www.hsph.harvard.edu/nutritionsource</p> <p>Harvard Medical School Harvard Health Publications www.health.harvard.edu</p>

MEET FUEL

EXAMPLES



MEET FUEL

Less Than 1-hour Between Events

- * Water, Water, Water
- * Quickly Digested Carbs





How do I recover *after*...

...a race?

...after a meet session?

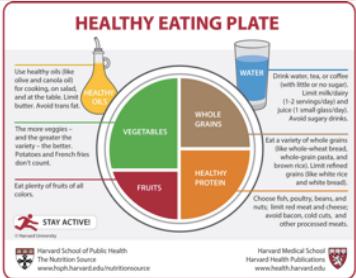
RECOVERY FUEL

- Refill Energy Stores in Muscles
- Promote Muscle Recovery and Growth

- Recover After Each Event
- Recover After Each Session



Recovery Fuel Examples

< immediately after event	Within 30-minutes of end of session	Within 2 hours
<ul style="list-style-type: none"> • <u>Easily digestible, liquid carbs</u> • <u>Nibble or Swig</u> • Bite of a bar • Sip of diluted sports drink • Sip of liquid carbohydrates • Bite of Fruit – banana, orange, watermelon, cantaloupe, berries... • Bite of fruit puree • WATER! 	<ul style="list-style-type: none"> • <u>4g Carbs* to 1g Protein</u> • Chocolate milk with fruit • Chocolate milk with pretzels • ½ bagel + hummus • ½ turkey or PBJ sandwich • Pretzels + hummus • FF or LF yogurt w/ fruit • Trail Mix • WATER! <p>* 0.65 g carbohydrate per pound body weight</p>	<p><u>My Healthy Plate</u></p> 



RECOVERY FUEL

4g Carbs
to
1g Protein



Food is FUEL.
Make It Your Habit.

