

## Ages 4 to 8: Daily guidelines for girls

Calories 1,200-1,800, depending on growth and activity level

Protein 3-5 ounces

Fruits 1-1.5 cups

Vegetables 1.5-2.5 cups

Grains 4-6 ounces

Dairy 2.5-3 cups

80/20

### DO EAT

Fruit, vegetables, grains, oatmeal, pretzels, graham crackers, cheese, cheese sticks, yogurt (Greek), eggs, fish, lean meat, chicken, peanut butter, olive oil, canola oil, nuts, seeds, trail mix, chocolate milk.

### DO NOT EAT

Candy, pop, ships, doughnuts, fried anything

## Ages 4 to 8: Daily guidelines for boys

Calories 1,200-2,000, depending on growth and activity level

Protein 3-5.5 ounces

Fruits 1-2 cups

Vegetables 1.5-2.5 cups

Grains 4-6 ounces

Dairy 2.5-3 cups

80/20

### DO EAT

Fruit, vegetables, grains, oatmeal, pretzels, graham crackers, cheese, cheese sticks, yogurt (Greek), eggs, fish, lean meat, chicken, peanut butter, olive oil, canola oil, nuts, seeds, trail mix, chocolate milk.

### DO NOT EAT

Candy, pop, ships, doughnuts, fried anything

## Ages 9 to 13: Daily guidelines for girls

Calories 1,400-2,200, depending on growth and activity level

Protein 4-6 ounces

Fruits 1.5-2 cups

Vegetables 1.5-3 cups

Grains 5-7 ounces

Dairy 2.5-3 cups

80/20

### DO EAT

Fruit, vegetables, grains, oatmeal, pretzels, graham crackers, cheese, cheese sticks, yogurt (Greek), eggs, fish, lean meat, chicken, peanut butter, olive oil, canola oil, nuts, seeds, trail mix, chocolate milk.

### DO NOT EAT

Candy, pop, ships, doughnuts, fried anything

## Ages 9 to 13: Daily guidelines for boys

Calories 1,600-2,600, depending on growth and activity level

Protein 5-6.5 ounces

Fruits 1.5-2 cups

Vegetables 2-3.5 cups

Grains 5-9 ounces

Dairy 3 cups

80/20

### DO EAT

Fruit, vegetables, grains, oatmeal, pretzels, graham crackers, cheese, cheese sticks, yogurt (Greek), eggs, fish, lean meat, chicken, peanut butter, olive oil, canola oil, nuts, seeds, trail mix, chocolate milk.

### DO NOT EAT

Candy, pop, ships, doughnuts, fried anything

## Ages 14 to 18: Daily guidelines for girls

Calories 1,800-2,400, depending on growth and activity level

Protein 5-6.5 ounces

Fruits 1.5-2 cups

Vegetables 2.5-3 cups

Grains 6-8 ounces

Dairy 3 cups

**80/20**

### DO EAT

Fruit, vegetables, grains, oatmeal, pretzels, graham crackers, cheese, cheese sticks, yogurt (Greek), eggs, fish, lean meat, chicken, peanut butter, olive oil, canola oil, nuts, seeds, trail mix, chocolate milk.

### DO NOT EAT

Candy, pop, ships, doughnuts, fried anything

## Ages 14 to 18: Daily guidelines for boys

Calories 2,000-3,200, depending on growth and activity level

Protein 5.5-7 ounces

Fruits 2-2.5 cups

Vegetables 2.5-4 cups

Grains 6-10 ounces

Dairy 3 cups

**80/20**

### DO EAT

Fruit, vegetables, grains, oatmeal, pretzels, graham crackers, cheese, cheese sticks, yogurt (Greek), eggs, fish, lean meat, chicken, peanut butter, olive oil, canola oil, nuts, seeds, trail mix, chocolate milk.

### DO NOT EAT

Candy, pop, ships, doughnuts, fried anything

# Don't DQ your day, Eat the winners WAY!

## Why Eat:

Have energy - in order for us to move or focus throughout the day we need to take in food. Our muscles (leg, arm, brain) need fuel to move and work just like we need gas in the car. CHO (carbohydrates) is the main ingredient that we can give our bodies for fuel. There are good CHO and not so good CHO. Do you know the difference? Good CHO are: fruit, vegetables, grains (brown rice, oatmeal and whole wheat bread) pretzels & graham crackers. Bad CHO are: skittles, snickers, candy, pop, chips, refined "white grains", added sugars.

55% of young athlete's total daily caloric intake should be CHO

3-5 grams (g) CHO/kg for light intensity training - 5-8g for moderate training

8-9 g CHO/kg for pre-event loading (24-48 hours prior)

1.7 g CHO/kg for post-event refueling (within 2-3 hours)

Amount of CHO per kg of body weight
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Gain muscle - the way for us to become better swimmers is to "get stronger". The way we do that is by gaining more muscle. Protein is the key ingredient for gaining more muscle. All the practicing you do is important because it trains your muscles but if you don't have any muscle then you can't train them! Cheese sticks, nuts, yogurt, eggs, fish, lean meat, chicken & peanut butter are all good sources of protein.

Athletes who have just begun a training program require 1.0-1.5 g/kg of protein.

Athletes who participate in endurance sports require 1.2-1.4 g/kg.

Vegetarian and vegan athletes should be counseled to ensure that adequate intake of protein is consumed from plant sources.

Athletes need to consume sufficient calories each day to maintain protein balance.

Amount of protein per kg of body weight
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Fats - unsaturated fats like canola or olive oil, nuts and seeds. Deep fried anything is not good!

Young athletes should obtain an average of 20%-30% of their calories from fat; low-fat foods is ok but nonfat is not. (Nevin-Folino 2003).

Young athletes should aim to significantly lower the amount of saturated and trans fat in their diet.

Others - Calcium (bones), fiber (stay regular), vitamin D (immune system), potassium (muscles), iron (O<sub>2</sub> carriers)

Most teens do not get enough of these.

Fiber helps to determine "good" CHO from "bad" CHO by slowing the absorption of other nutrients. 5-8g/day

Hydration - Do you know that over 50% of the body is made up of water? If we don't stay hydrated then our body can't work as well. Water will also help you feel full and keep your muscle from getting tight.

SO.....What should we eat and how much?

Do you know that you are using calories just sitting there or even sleeping? For example Leah will burn 1277 calories/day doing NOTHING! Then she adds another 250-350 calories burned each swimming practice. On the days Leah goes to swim practice she will need at least 1527 calories to stay the same. If she does not take in 1527 calories then she is doing damage to her muscles and body. On average a teen athlete needs 2000-5000 calories per day. The more active your day is the more calories you need to replace!

If we don't eat then everything we just talked about can't happen. What's worse is that the opposite WILL happen. No fuel will cause more tiredness. No protein will cause our muscles to shrink! No water will cause our muscle to stop working!

Breakfast is the most important meal of the day and that is for everyone not just athletes. It starts all aspects of your body from the smallest cells to the biggest muscles. Even the BRAIN. Eating a breakfast before you start your day is "super" important. You don't want to eat too much but you do NEED to eat. Finding the right CHO, protein, water combination for breakfast is what you need to do. Keep in mind that you just spent 8-10 hours burning the fuel you gave your body the day before. When you wake up its basically gone so you need to add to the tank.

**Lunch** helps us from getting crabby & keeps our focus. As we go throughout the day the CHO, protein and water is absorbed by our bodies and used to keep us healthy. If we skip lunch or eat too much lunch we feel slow, sleepy, impatient, unfocused. At that time you might not think anything of it but the decision you made at 11:30am will affect what you do at 6:00pm. Stay away from foods that make you feel sleepy and eating SO much that you feel like taking a nap. This meal should just give a little boost to get through the afternoon.

**Snacks** are the bridges between breakfast, lunch and supper. Just as we talked about with lunch eating a good healthy snack can make a huge difference especially for an athlete. Giving our body a snack of CHO and proteins will make practice so much easier to get through, keep you focused on the coaches and help gain that muscle for getting stronger.

**Supper** is necessary because we have to fuel the body to make sure it can go 9-10 hours without waking up. Getting a good night sleep is important because this is the time your body will absorb the good vitamins, minerals and water without being interrupted from daily activities. It's also the time our body gets to "take a break" and re-group from the day. Generally supper should include a good amount of protein because protein will keep us feeling fuller longer and keep us from waking up in the night.

Each day of the week is different as well. What you eat or don't eat on Monday will affect how do perform on Saturday. Some days you might use more energy because of stress from a test or walking the mall with your friends. Another day you may go to school not have practice and watch a movie. Adjusting what you eat to meet the needs of your day can be challenging but it's all a part of the puzzle. Not everyone is the same as far as the things we eat but we are the same in that we all need a balanced diet.

**80/20 lifestyle - 80% of the time eat like a "rock star" but 20% of the time eat what you like and ENJOY it!**

**Chocolate milk after workouts!** Studies show it's the right combination of CHO and protein (2:1 ratio) to refuel the muscles. Each cup is 8-11g protein and is considered as good is not better than any post-activity drink out on the market.

**"If it's important, then do it every day"**

## Top 10 Foods for Swimmers

10. **NUTS** - healthy fats, fiber, protein, vitamin E

9. **SEEDS** - fiber, healthy fats

8. **Cereal** - iron, vitamin A & E

\*\*You want to eat cereal with 8-9g or less sugar. Unfortunately Lucky Charms is not a good choice.

7. **100% orange juice** - Vitamin C & D, calcium

\*\*not too much because its high in calories\*

6. **Beans** - fiber, protein, iron

5. **Low-fat cheese** - calcium, potassium, protein

4. **Low-fat yogurt** - calcium, vitamin D, potassium, protein

\*\*Greek yogurt gives you more protein/serving

3. **Low-fat milk or soymilk** - calcium, potassium, protein, vitamin D \*Chocolate milk

2. **Dk green leafy vegetables** - iron & calcium

1. **Orange fruit & vegetables** - potassium, vitamin A, C, E