**Nutrition Manifesto for Young Swimmers**

* I will eat real food, most of the time.
* I will enjoy what I eat and pay attention to how my body feels during and after eating, which will help me stay in touch with my appetite.
* I will strike a healthy balance with the foods that fuel my body and the foods I eat purely for taste and enjoyment.
* I will be mindful of the quantities and types of foods I eat that don’t offer fuel for my exercising body.
* I will eat 3 meals each day.
* I will include all foods in my diet, as able, and avoid eating patterns that eliminate any food groups.
* I will plan my food intake throughout the day, aiming to eat a meal or snack every three to four hours.
* I won’t skip meals.
* I won’t overload on snack foods.
* I will try to eat a source of protein, fat or fiber with my snack to help my body feel satisfied afterward.
* I won’t rely on overly processed foods.
* I will prepare for my training sessions by eating a nutritious snack beforehand.
* I will recover from long training sessions with a recovery snack that includes protein and carbs.
* I will pay attention to my hydration status by drinking throughout the day, and checking my urine for adequate hydration.
* I will investigate the safety and efficacy of any supplement I am interested in using, and I will consult with my coach or parents before using one.
* I will get a good night’s sleep so my body can grow and recover from training.