

Nutrition Basics for Swimmers

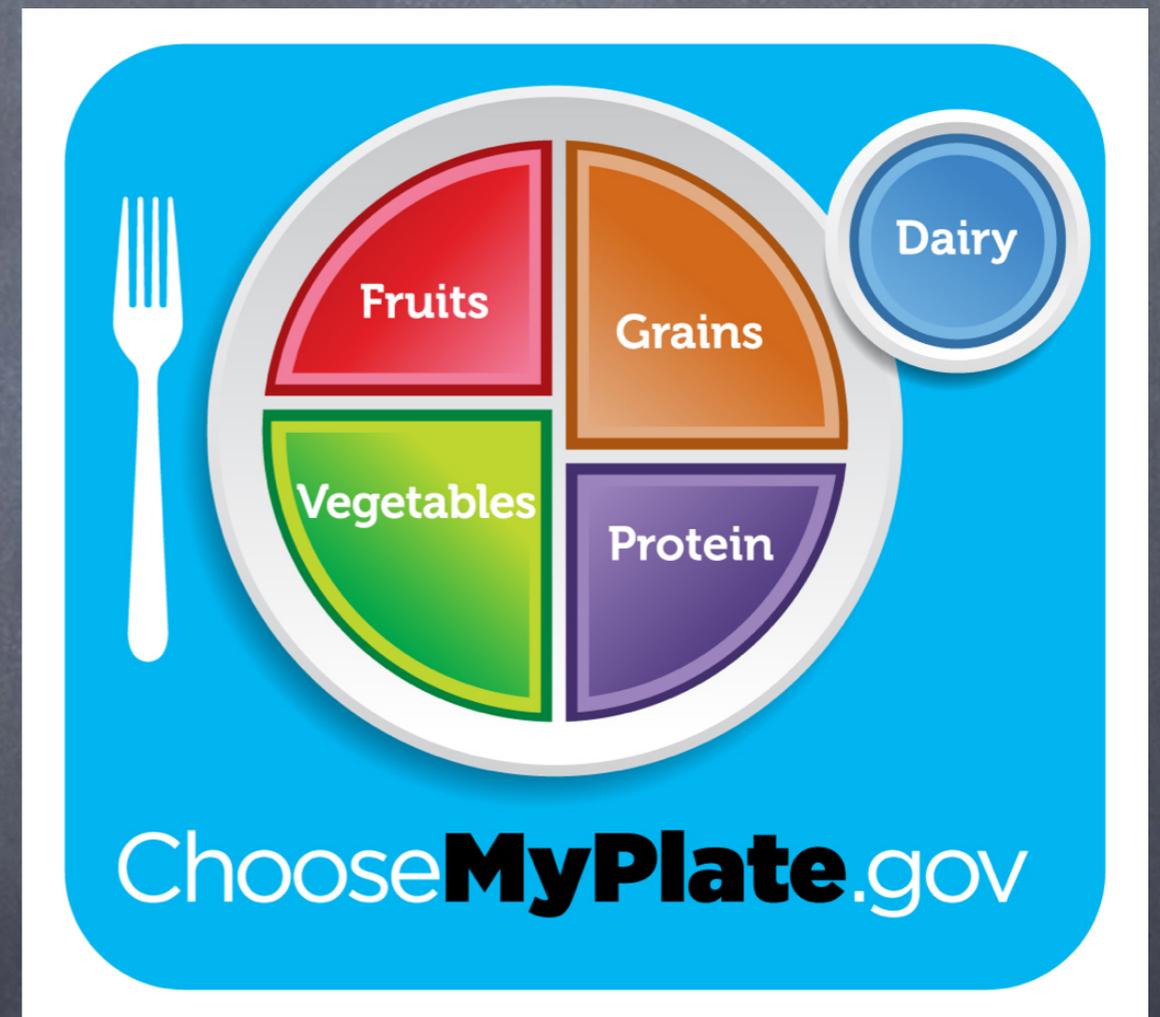


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General Food Choices...

"You are what you eat!"

- Currently the best guidelines for food portion and balanced meals follow the my plate diagram.
- Athletes burn way more calories than people may think and the saying "you are what you eat" is especially true when it comes this demographic. The food you intake will directly affect how the energy from those calories is used. You want this to be as efficient as possible when talking performance in practice and meets. The following are some more basic guidelines.



Calorie guidelines

- Girls ages 9-18 1800-2500 calories per day
- Boys ages 9-18 2000-3200 calories per day
- An exact amount can be calculated using your child's body weight
- Girls 7-12 need 30 calories/lb.
- Boys 7-12 need 34 calories/lb.
- Girls 12-18 need 20 calories/lb.
- Boys 12-18 need 27 calories/lb.
- Things to keep in mind....if your child is more muscular they will need about 2 calories/lb. more than the above guidelines.

What should these calories be made up of??

- Protein
- Carbohydrates
- Fruits
- Vegetables
- Dairy
- Other



PROTEIN—is KEY for Athletes!

- Helps muscles recover quicker
- Strengthens muscle tissue
- Builds muscle tissue mass
- The amount of protein consumed per day should at a minimum equal half your weight in grams
- Example an 80 lb. child should intake at least 40 grams of protein/day



Healthy Choices-Protein

- Lean meat such as chicken, beef, turkey, ham, etc
- Eggs
- Yogurt
- Cottage cheese
- Fish
- Beans
- Nuts
- Peanut butter
- Almond butter
- Hummus

Carbohydrates

- Carbs should equal about 70% of calories consumed per day
- This should occur in 6-8 servings sizes. Half of these servings should come from grains, while the other half should be consumed through other sources such as fruits, veggies, dairy, etc.



Heathy Choices-Carbs

- Fruits
- Veggies
- Whole grain pasta
- Quinoa
- Rice
- Legumes
- Yogurt
- Cottage cheese
- Milk
- Whole grain bread

More food categories...

- Fruits should make up 4-6 servings
- Vegetables should make up 5-7 servings
- Dairy should make up 2-3 servings
- Other should make up a minimal part of your diet. This would be things you cook with olive oil, spices, etc.
- Treats should be just that, treats. They should not be an all the time occurrence. Moderation is key! When having treats try to have something else with it that has some nutritional value.

Healthy Choices-Fruits

- Apples or applesauce
- Oranges
- Bananas
- Pineapple
- Berries
- Watermelon
- Cherries
- Pears
- Mangos
- Kiwi
- Cantaloupe
- Honeydew



Healthy Choices–Vegetables

- Broccoli
- Cauliflower
- Spinach, Kale, Spring greens
- Olives
- Carrots
- Potatoes–brown and sweet
- Asparagus
- Brussel sprouts
- Mushrooms
- Peppers
- Cucumbers
- Pickles
- Zucchini
- Peas

Health Choices-Dairy

- Almond milk
- Coconut milk
- Greek yogurt-but watch for high fructose corn syrup on label
- Cheese-slices or string
- Cottage cheese



Things to keep in mind

- Grocery shopping is very overwhelming for everyone
- Making changes to your diet is intimidating and takes time
- Take the time to read labels and if you don't understand what it says you probably shouldn't be eating it
- You CAN do it!



What to eat before practice?

Answer: If you are eating within 1.5 hours of practice, ideally the meal size should be smaller than usual with high protein and carbs

Ideas: peanut butter sandwich with whole grain english muffin, bagel or toast topped with a banana OR turkey sandwich with whole grain bread with fruit OR veggies OR eggs with turkey sausage and fruit

What to eat after practice?

Answer: Within an hour of practice or between practice and dryland (when dryland occurs after practice) eat something high protein with some sugar

Ideas: chocolate milk OR greek yogurt OR coconut water OR cottage cheese with fruit OR peanut butter with celery, carrots, or banana OR protein bar with at least 5g protein (best ones are Skinny Girl, Lara, Kind and Cliff)

What to eat after practice?

Answer: After an hour has passed eat a meal high in protein and carbs

Ideas: omelet with meat and veggies OR small amount of whole grains (pasta, bread, rice) with a protein and veggies OR pancakes with peanut butter and banana OR chicken and veggie stir fry OR hamburger or turkey burger with whole grain bun & veggies OR homemade mac and cheese with all natural beef OR turkey hot dogs and broccoli

What to drink during practice?

- Drink WATER!!!!
- Coconut water
- G2 gatorade



What to eat the night before a meet?

Answer: High protein with carbs but NO grease

Ideas: hamburger or turkey burger with whole grain bun, a sweet potato and veggie OR small amount of pasta with meat sauce or meatballs and veggies OR small amount of pasta with mixed veggies and chicken breast



What to eat the morning of a meet?

Answer: High protein with carbohydrates

Ideas: oatmeal with peanut butter and berries
OR eggs and fruit
smoothie and protein powder and fruit OR
peanut butter, honey and banana toast or bagel



What to eat during a meet

Answer: Light and nutrient dense

- Apples, bananas, carrots, celery with peanut butter
- Protein bar—at least 5g protein
- Trail mix
- Hard-boiled egg
- Greek yogurt
- DRINK chocolate milk or something HIGH in protein and sugar immediately following your cool down



Go Team Foxjet!

We are what we
repeatedly do.

Excellence, therefore, is
not an act but a habit.

-Aristotle