

EDGE Swim Club 2016-2017 Short Course Season

Summary of Lisa Bunn's (RD) Swim Team Nutrition Talks

Nutrition 101: Food can be broken down into the following four compounds:

1. Carbohydrates
2. Fats
3. Protein
4. Vitamins & Minerals

Whole foods are the way to go! The body does not necessarily recognize processed/packaged goods.

Building muscle is a good thing! All athletes, especially swimmers, should aim to BUILD MUSCLE. We aren't talking about becoming body builders, we're talking about becoming stronger, leaner, faster - all good things for swimmers!

- When you build more muscle, you improve your resting metabolic rate
- When you build more muscle, you prevent injury
- When you build more muscle, you're stronger, and if you're stronger, you're FASTER

How much protein should our swimmers be having? HALF of their body weight (measured in pounds) in protein (measured in grams). For example, a 120 pound swimmer should have 60 grams of protein per day.

What should a swimmer's plate look like at each of their meals, which we should be having at least four of (or 3 large meals and 2 sufficient snacks)? Visit choosemyplate.gov for a great visual of what a plate should look like. There should be:

- Fruits
- Vegetables
- Whole Grains
- Protein

What to do if a swimmer doesn't like the vegetables or fruits you provide? Keep trying! Taste buds turn over every 10 days.

Does your swimmer enjoy energy and protein bars? Remember, whole foods are the way to go. Pick any bars you may have as snacks carefully. Is sugar (syrups) a top 3 ingredient? STAY AWAY. If you can't read or visualize an ingredient, think twice before getting that product!

What about supplements? Protein powders? Food always comes first! Supplements do NOT replace a bad diet, or a food. Supplement ADD to or ENHANCE an already healthy diet.

What should a swimmer have after their practice? What do we do if we're short on time? There is a very important window of recovery for athletes to take advantage of after strenuous workouts, such as swim practices. The 45 minutes following practice is critical for swimmers to feed their bodies great sources of protein. A smoothie is a great idea for a post workout, and on-the-go snack! Make them with whole fruits and veggies, adding a scoop of protein powder if you'd like.

Lisa asked our swimmers what the most important meal of the day was, and they all answered "breakfast!" Lisa surprised many of them when she informed them that the meal after breakfast is even more important. What do you do next? Lisa strongly recommended adding a morning snack to their daily diet. She offered examples, such as: hard-boiled egg, yogurt, and trail mix.

Many of our swimmers return home from practice after a typical "dinner time." Lisa told us not to worry about having dinner before bed or after 9:00pm. It is critical to feed our bodies protein after our workouts!