

## **Nutrition Quick Tips**

### **What should my child eat before practice? At meets?**

The best pre-practice, or pre-meet meal should contain primarily carbohydrates. Carbohydrate-rich foods like pasta, breads and cereal are easily digested and absorbed. Rule of thumb: 0.5 - 2.0 grams of carbohydrate per pound of body weight one to four hours prior to exercise.

### **Meals that provide 100 grams of carbohydrates**

- 1 bagel with peanut butter and 2/3 cup of raisins
- 1 cup of low-fat yogurt, 1 banana and 1 cup of orange juice
- 1 turkey sandwich with 1 cup of applesauce
- 2 cups of spaghetti with meat sauce and 1 piece of garlic bread
- 8 oz. of skim milk, 1 apple, 1 orange, 2 slices of bread and 3 pancakes
- 1 serving of GatorLode and 1 bagel

### **Fluid Replacement Tips**

- Keep a fluid bottle by the side of the pool when working out and drink between repeats and sets.
- Choose sports drinks like Gatorade that taste good, stimulate fluid absorption in the body maintain proper fluid balance in the body, and provide energy to working muscles.
- Avoid carbonated drinks, which can cause stomach bloating and may reduce fluid intake.
- Avoid caffeine-filled beverages. They are diuretics and contribute to fluid loss.

Check the color of your urine. Dark-colored urine may indicate you are dehydrated and need to drink fluids.

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<http://www.usaswimming.org/USASWeb/ViewMiscArticle.aspx?TabId=1302&Alias=Rainbow&Lang=en&mid=635&ItemId=1716>