

Food for Swimmers

Finding the right food to give your swimmers at swim meets can be difficult with so many options out there. Below is a list to help guide you in packing your child's food for a meet.

THE NIGHT BEFORE A MEET:

The night before a meet, make sure your child has a meal that is rich in complex carbohydrates and lean protein. It is easy to want to grab pizza or fast food as there is a lot to do before a meet, however, this meal is important for your swimmer. Plan ahead and this will make it much easier for you.

EXAMPLES:

- 1) Grilled Chicken Breast with whole grain pasta and a vegetable
- 2) Spaghetti with turkey meatballs and whole grain bread
- 3) Turkey-or-Chicken Chili

THE DAY OF A MEET: Keep in mind that the goal is to feed your child food and drinks that will fuel their bodies and help them sustain energy throughout the day. This will take work and planning on your part. Be sure to have PLENTY of food and a variety, this will help keep your child eating when they need food.

BREAKFAST

Oatmeal
Cereal
Toast with peanut butter
Pancakes with peanut butter and light syrup

LUNCH

Sandwiches
 Peanut Butter and Jelly
 Peanut Butter with Honey***
 Meat and Cheese
Bagels
 With Cream Cheese
 With Honey
Meat & Cheese Roll-Ups

SNACKS

Bananas
Melon (Watermelon, cantaloupe, etc)
Grapes
Berries
Yogurt
Granola Bars
Protein Bars
Crackers (goldfish, animal, etc)
Nuts

DRINKS

Water***
Hydrating Drinks (Gatorade, Powerade, Etc)

*****AVOID*****

Fast Food
Candy
Juices loaded with sugar
Soda
Chips
Apples
Hot Dogs