



**Stuttgart
Piranhas**

Nutrition for young Swimmers

***INCLUDES: SNACKS AND EASY
RECIPE IDEAS***

By: Valerie Greene
Certified Holistic Nutritionist &
Health and Wellness Coach

What's Inside...

- Importance of Proper Nutrition
- Breakdown of Macronutrients
- Carbohydrates
- Protein
- Fats
- Hydration
- Dangers of Processed Foods
- Additional Snack Ideas
- Easy Recipes





Importance of Proper Nutrition for Children and Teenagers

Children and Teenagers need more calories than adults, particularly if they are active. The key is to focus on the nutritional value of the food being consumed rather than counting calories or reaching caloric goals with poorly nutrient foods.

Nutrition is incredibly important for endurance and performance at swim meets. Proper nutrition keeps the kids energy and strength levels at optimum and avoids the dreaded “post meet” crash. Recovery is faster, injuries can be prevented, and performance is greatly enhanced.



Carbohydrates

The body's preferred fuel source for energy.

Carbohydrates are the most important fuel source for young athletes because they provide glucose used for energy.

As exercise increases, muscle glycogen (where we store carbohydrates) becomes used up, which causes a higher need for carbohydrates. For children and teens involved in high intensity athletic activities such as swimming, eating the right amount of carbohydrates before, during, and after an event is very important. Often, teenagers are fooled into thinking low-carb and high protein diets will help them gain significant muscle mass. This isn't necessarily true. A diet very low in carbs will not only decrease muscle potential; it will also worsen overall athletic performance.

Most carbohydrates should be obtained from "complex" (starchy) carbohydrates found in vegetables, breads, cereals, pasta, and rice, rather than "simple" (sweet) carbohydrates found in milk, fruits, candy, and baked goods. Although both simple and complex carbohydrates provide energy for working muscles, foods high in complex carbohydrates contain more essential nutrients, like B vitamins, iron, dietary fiber, and minerals, which are lacking in simple carbohydrates.

Healthy Complex Carbohydrates:

- Grains: Whole grains are best, like corn tortillas, whole wheat pasta and whole wheat bread, spelt, quinoa, brown rice, beans, whole oats, or 100% whole grain cereal
- Fruits: Fresh, frozen or canned in its own juices (not syrups)
- Milk and Yogurt: Low fat, RgBh free or organic when available
- Vegetables: potatoes, sweet potatoes, broccoli, cabbage, peas, and carrots
- Even though they are lower in carbs- Don't forget your dark leafy greens- kale, spinach, and collard greens



Protein

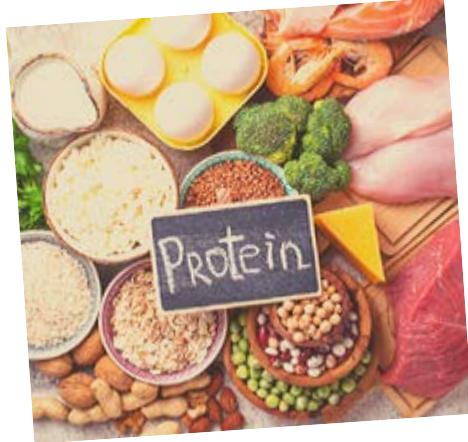
Not only helps to build muscle, but it stabilizes blood sugar and keeps energy and endurance steady.

Kids need more protein, pound for pound, than adults, to fuel growth. Athletes need slightly more, as do children with bigger builds and those who are growing rapidly. Spikes in training volume or intensity, such as at the start of a training season, add to the protein demand. Parents can expect young athletes to need between .5-.8g of protein per pound of body weight and it should be consumed throughout the day, not just at dinner.

Healthy Protein Sources:

- Nuts, such as walnuts, almonds, brazil nuts – which contain high quality protein source and minerals and fats. Peanuts and Cashews are not as effective
- Nut butters, such as almond butter, tastes great on crackers, vegetables, and is a great source of high quality protein and healthy omega 3 fats
- Dried beans (such as black beans), chickpeas, lentils, nuts and seeds also are good sources of protein
- Lean meats, chicken, fish, turkey, eggs, low-fat milk, cheese, yogurt, cottage cheese, tofu, and edamame are excellent protein sources
- Fruit smoothies with added kale, spinach, peanut butter, ground flax seeds, or chia seeds for an added punch of protein
- Carry with you to meets and add water for quick snack. Protein powders come in a variety of types. Most highly effective are rice, pea, hemp, chia powders. They also make whey and soy based powders that are great in a pinch, but as a side note- they may also cause inflammatory reactions in some young adults.

*Try to include some protein in every meal to help with muscle recovery.



Fats

Helps absorb fat-soluble nutrients, and cushions internal organs. It is also critical for optimal brain function.

Did you know that the brain is almost 60% fat? The majority of this 60% is made up of omega-3 fatty acids, EPA & DHA. The body needs these healthy fats for optimal brain development and cognitive function, both important for academic and sport performance.

Athletes with adequate fat stores can focus, think more clearly, and make fast decisions. Limit saturated fats ("animal fats") to less than 10% of your swimmer's diet, avoid trans-fats ("man made" / hydrogenated oils) found in fried foods, baked goods, chips, but do include heart-healthy unsaturated fats ("plant-based") as a part of a balanced diet.

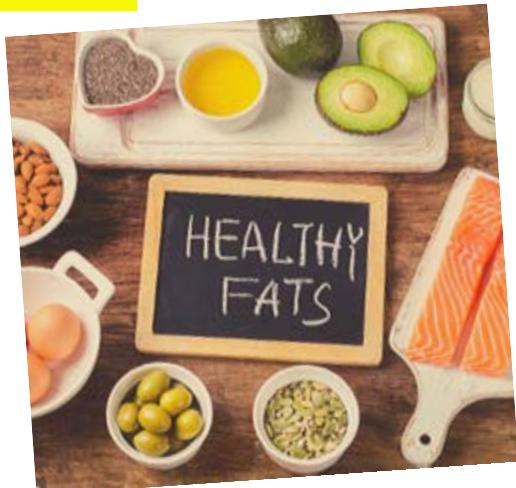
While it is true that the wrong fats can have negative health effects, it's important to remember that healthy fats are crucial in a young athlete's diet.

Good sources of unsaturated fat:

- Lean meat and poultry, fish, nuts, ground flax seeds, dairy products, olive, sunflower, and canola oils.
- One medium avocado has approximately 23 grams of primarily monounsaturated fat
- Walnuts are one of the best sources of omega-3 fatty acids
- One cup of black olives has 15 grams of mainly monounsaturated fat

Try

- Salmon for lunch or dinner
- Tuna on a salad for lunch or dinner
- Sprinkle ground flaxseed over oatmeal for breakfast or a snack
- Enjoy omega-3 fortified eggs for breakfast





**"By the time
you are thirsty
you are already
dehydrated!"**

Hydration

Water is an incredibly important part of a young athlete's diet. The general rule of thumb is to consume a MINIMUM of half their body weight in ounces daily. In relation to body weight, children have greater water requirements than adults due to their rapidly growing body and higher metabolic rate.

For example, someone who weighs 100 pounds would need to consume 50 oz of water daily just to maintain healthy cell function. With vigorous exercise, this amount must be increased. For every can of soda consumed, an extra glass of water needs to be added.

Smoothies are a great way to sneak fruits, vegetables, and other healthy foods into your child's diet and helps with hydration. While some pre-made smoothies are loaded with sugar, homemade smoothies - as long as they're rich in nutritious ingredients - make for an excellent choice.

Try to Avoid:

Sweetened beverages, such as sodas, sports drinks, sweetened milks, sweet teas, and especially energy drinks should be limited or avoided all together. Caffeine can cause jitteriness, rapid heart rate, high blood pressure, anxiety, and sleep disturbances in kids, which is why beverages containing caffeine should be restricted.

**A 12oz serving of regular Coca-Cola contains 39 grams of sugar — which is almost 10 teaspoons of sugar.

Liven up water with:

- Pineapple and mint
- Cucumber and watermelon
- Blueberries and raspberries
- Strawberries and lemon
- Orange and lime





Dangers of Processed Foods

When we think about "fast food" we're not just referring to the food in fast food restaurants. Fast foods include chips, soda, cookies, candy, breakfast cereals, bars, French fries, burgers, pizza, white flour baked goods, and all other high-calorie, low-nutrient foods that people often eat multiple times per day.

These are processed foods and for many, are the primary source of calories. They can be accessed easily and quickly; they don't need to be prepared; they come out of a bag or box ready to go right into your mouth. You can eat them rapidly and they're absorbed very quickly into the bloodstream.

The dangers are that these fast foods typically contain multiple chemicals and synthetic ingredients. They are calorically dense, highly flavored, and have virtually no nutritional value. Fast foods typically contain extra corn syrup, sugar, artificial sweeteners, salt, coloring agents, and other potentially disease promoting chemicals.

There is a link between fast food, processed food, commercial baked goods, and sweets and the destruction of brain cell and a lowering of intelligence. Candy and sweetened baked goods may even stimulate the brain in an addictive fashion, which can lead to more serious illnesses.

**Please advise your children to limit or avoid these types of foods.



HEALTHY SNACKS



- Home made Trail Mix -It's easy to make your own mixes. Helps with variety! Don't forget seeds, such as pumpkin seeds!
- Almond butter and jelly sandwich
- Roll of non processed turkey or chicken
- Include nuts and seed on yogurt
- Add peanut butter to apple slices or a banana
- Add sliced avocado to a turkey sandwich
- Use guacamole as a dip for whole grain crackers
- Berries are GREAT! Blueberries are easy to pack and taste yummy!
- Handful of almonds with fruit
- Hard boiled egg
- Apple, Pears, Kiwi, Mango, grapes
- Baby carrots, sliced peppers, cucumber
- Hummus with vegetables or whole grain crackers



Simple Recipes



Strawberry Banana Overnight Oats

Ingredients:

½ cup yogurt
½ cup vanilla almond milk (or any milk)
3/4 cup old-fashioned rolled oats
1/3 cup fresh strawberries, diced
½ banana, sliced
1-2 Tablespoons chia seeds (optional)

Instructions:

Mix yogurt and milk together. Stir in oats. Stir in strawberries and chia seeds. Refrigerate overnight. Top with banana and/or drizzle of honey in the morning.

Hummus Edamame Veggie Wrap

Ingredients:

4 large flour tortillas
3/4 cup hummus
1 1/3 cups edamame cooked and shelled
2 cups baby spinach leaves
2 avocados, sliced
2 carrots, shredded
1 cup cucumber, chopped
**Any other desired vegetables!
Freshly ground black pepper
Light drizzle of olive oil

Instructions:

Spread hummus over toasted tortilla. Add edamame, spinach, avocado, carrot, cucumber, and any other desired vegetables. Sprinkle with freshly ground black pepper, to taste. Drizzle with a tiny bit of olive oil. Roll up your wrap and enjoy!

*You can use regular hummus or roasted red pepper!**

Other vegetable ideas: tomato, radish, corn, lettuce, cabbage, red bell pepper, zucchini, alfalfa sprouts etc.

**EVERY TIME YOU EAT
IS AN OPPORTUNITY
TO NOURISH YOUR
BODY.**





Chickpea Avocado Salad Sandwich

Ingredients:

15 oz can chickpeas, rinsed and drained
1 large ripe avocado
2 teaspoon fresh squeezed lemon juice
1/4 cup dried cranberries
Freshly ground salt & pepper
OPTIONAL: 4 slices of your favorite whole grain bread (or gluten free)
Toppings: Arugula, red onion, or spinach

Instructions:

In a medium bowl, smash chickpeas and avocado with fork until smooth, yet still contains a few chunky pieces. Stir in lemon juice and cranberries. Season with salt and pepper to taste. When ready to serve, toast bread then spread 1/2 chickpea avocado salad over 1 slice. Top with arugula, red onion or spinach, if desired.

Vegetarian Quinoa Chili

Ingredients:

2 pressed cloves of garlic
4 spring onions, sliced
1 Jalapeño (only if you like spice)
2 cans black beans
2 cans sweet corn
500mL vegetable stock
8g spices- cumin, paprika, fennel seeds
200g red quinoa
2 cans smashed Tomatoes
250g feta

Instructions:

In a large pan, heat 1 tsp oil over medium heat. Add pressed garlic, white spring onion rings and chopped jalapeño (if desired). Cook for 1-2 min. Stir in the spices with a little salt and pepper.
Make 500 ml of hot vegetable broth. Add red quinoa, black beans, sweet corn, tomatoes and prepared vegetable broth into the large pan. Bring everything to a boil and cook over medium heat for 15-20 min or until the quinoa is tender.
Spread quinoa mixture from pan on a plate, sprinkle with crushed feta and green spring onion rings.

HEALTH REQUIRES HEALTHY FOODS



MORE RECIPES COMING SOON

We would love your feedback!

Please let us know if this nutritional handout was helpful. Also, if you would like more quick and easy, limited ingredients recipes. Which types of recipes would you like more of? Fast breakfast ideas, snacks, lunch/dinners for swim meets?

Please let me or Head Coach Michi know what you would like more of to help make this a fun, safe, nutritionally packed, and successful swim season for everyone.

Kindly,
Valerie Greene
val.j.greene@gmail.com

