

Fueling for Swimming



Food is your FUEL. If you do not eat, your body will not be able to create the energy needed to do physical activity.

Event Day Fueling Plan

1. **Everyday** (not just on event days) eat an **adequate breakfast, lunch, and dinner**; include small **snacks** in-between meals.
2. **Drink fluids throughout the day** (volume needed varies from person to person based on body size, sweat rate, and intensity of activity). Water is fine! On **multi-event days** (i.e. meet where you swim more than once over the course of the day), sipping on a sports drink/juice can help provide some carbohydrate if you have a nervous stomach and would rather drink a "snack" than eat one. Generally, aim to get in **AT LEAST 6-8+ cups/48-64oz** of fluid throughout the day.
3. **Eat a light meal** and/or **smaller snacks** in a **1 to 4 hour window** before an activity.
 - Include carbohydrates (e.g. bread, tortillas, rice, pasta, fruit, potatoes, corn, milk, yogurt)
 - Include a moderate to light amount of protein (e.g. lean meats- 2-3 oz of chicken, turkey, lean cuts of pork or beef, 1 oz cheese, ½ handful-size of nuts or seeds)
 - Choose lower fat items; avoid fried foods, fatty/greasy meats, large portions of cheese and milk, cream based sauces
 - Include lower fiber items; avoid large portions of raw fruits and vegetables, beans, whole grains (small portions are ok!)
 - In lieu of a meal, a small snack(s) can be consumed **one to two hours before** the activity (e.g. piece of fruit and cheese stick, granola bar and ~12 oz sports drink)
4. After the event, eat a **snack within 30 minutes** and a **meal within two hours**.
 - Snack – Carbohydrate and protein combination (e.g. ~2 Tbs peanut butter and a banana, ~12 oz sports drink and handful of almonds, or carton of Greek yogurt)
5. On **multi-event days**, try to eat as soon as possible following the first event.
 - Eat meal that's **higher** in [safe]* **carbohydrates** and **lower** in **fat, fiber, and protein**.
 - Eating smaller snacks instead of a "meal" may be better tolerated.

Pre-event Meal Ideas (eat three to four hours before the event)

Shredded chicken or other lean meat in the crockpot + rolls + piece of fruit + small cookie (can save for closer to event time)

Sandwich bar with bread, assorted deli meats (turkey, chicken, lean roast beef, and ham) + lettuce, tomato, pickles + sliced fruit + pretzels (can save for closer to event time)

Pasta salad with diced chicken, vegetables, and cubed cheese tossed in a light vinaigrette + piece of fruit + small granola bar (can save to closer to event time)

Shredded chicken or pork + tortilla + tomatoes and lettuce + shredded cheese + baked/non-greasy tortilla chips + sliced fruit (can save to closer to event time)

Pre-event Meal Ideas (eat one to two hours before the event in place of or *in addition to a meal*)

Handful Cheerios + half bagel + 1 c cantaloupe chunks

½ c oatmeal + 1 c fruit + handful crackers

1-2 slices bread + 1 spoonful peanut butter + 1 spoonful honey + ~½ c yogurt

*Safe Foods: fruit (canned is ok!), applesauce, dried fruit (handful), breakfast cereal, cream of wheat, plain crackers, pretzels, white breads, small granola bars, sports drinks/juice, honey, jam

Post-event Snack Ideas (eat within 30 minutes of finishing)

Cheese stick + piece of fruit

2 spoonfuls peanut butter + piece of fruit

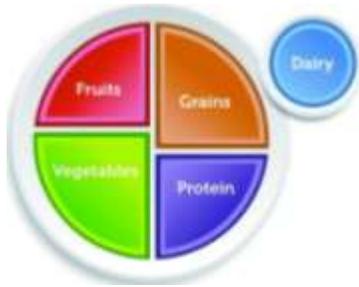
8 oz chocolate milk

5-8 oz container Greek yogurt

Half a bagel + 1 spoonful peanut butter or 1 slice of cheese

Handful pretzels + handful nuts and raisins

Post-event Meal Ideas (eat ~2 hours after finishing)



- Choose a variety of fruits and vegetables each week, try to have at least 4-5 different vegetables in your “rotation.” Below are some nutrient powerhouse fruits and vegetables:
 - Leafy greens (e.g. kale, spinach)
 - Bell peppers
 - Beets
 - Avocados
 - Citrus (e.g. oranges, grapefruit, lemons)
 - Kiwi
 - Watermelon
 - Choose a variety of whole grains:
 - Brown rice
 - Whole grain pasta
 - Quinoa
 - Potatoes and butternut squash (these counts as “grain” on the plate)
 - Choose lean cuts of meat or plant based proteins
 - Fish
 - Chicken
 - Turkey
 - Pork loin or chop
 - Beef round or sirloin, $\geq 93\%$ lean
 - Beans or lentils*
 - Nuts and seeds
- *Are also a good source of carbohydrate
- Limit nutrient poor foods, e.g. processed meats (bacon, sausage, hot dogs), processed grains (white breads, pasta/rice dishes from a box), heavy fats (creams, large portions of cheese, deep fried foods), and added sugars (packaged cookies/muffins, packaged foods with ≥ 8 grams *added* sugar per serving)

