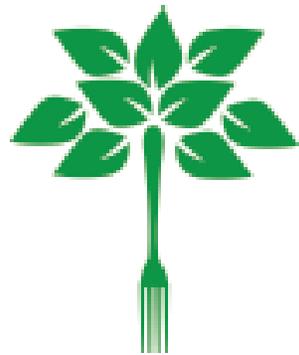


Swimming Sports Nutrition Guide



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General Rules to Maximize Training

- 1. Don't skip meals, especially breakfast!**
Breakfast gives your body an optimal base to be able to push yourself through the day. Skipping meals will compromise performance in workouts, and leave you feeling fatigued from low blood sugar.
- 2. Come to workouts hydrated.**
Your muscles are 75% water. If you are dehydrated, your workouts will suffer, and you will not see the results you want.
Drink at least 20oz. of water when you wake up & again after workouts.
- 3. Have a protein source within 30 minutes after lifting weights.** This will provide amino acids to your muscles to maximize repair and recovery. Whey protein (found in dairy foods) is best post-workout due to its rapid absorption and high leucine content.
- 4. Eat about 4-5 times a day and don't wait too long between meals.** (Try to eat every 3-4 hours.)
Research has shown that this strategy leads to better blood sugar control, lower stress hormone production, lower body fat, and more lean muscle. However, this isn't a license to eat whatever you want.
- 5. Include lean protein every time you eat.**
Good choices are nonfat milk, yogurt, cottage cheese, reduced-fat cheese, eggs, chicken, turkey, fish, pork tenderloin, beans, and tofu (soy). 20g is the magic number – aim for at least this much at meals and after workouts.
- 6. Include fruits or vegetables at every meal and snack.**
This will help your body adapt to the stress of training.
- 7. Sleep!**
Sleep allows for muscle recovery and hormonal regulation. Aim for 8-10 hours per night. Inadequate sleep leads to low levels of growth hormone and higher levels of cortisol, as well as imbalanced hunger signals from appetite hormones. This is a recipe for muscle loss and fat storage.
- 8. Practice stress management.**
Stress of any kind can increase cortisol levels and inhibit recovery. Summer is a great time to practice strategies to control stress.
- 9. Enjoy your food!**
While choosing healthy foods most of the time is good for your body and can improve performance and recovery, micromanaging your food intake increases stress and may hurt performance.

Fruits, Vegetables and Water

By eating a fruit or vegetable at every meal or snack, you are helping to protect your body from the effects of stress and stay hydrated. It is essential to get a colorful variety of fruits, vegetables, and nuts into your diet daily. The more “colors” you eat, the more essential vitamins and minerals you are providing your body. A good goal is to eat a fruit or vegetable at *every* meal or snack. **Aim to eat from every color throughout the week!**

| Red | Yellow/Orange | White | Green | Blue/Purple | Brown |
|--------------|------------------|---------------|------------------|---------------|-----------------|
| Cherries | Butternut Squash | Apples | Asparagus | Black Olives | Almonds |
| Craisins | Canola Oil | Bananas | Avocado | Blackberries | Brazil Nuts |
| Cranberries | Cantaloupe | Cauliflower | Broccoli | Blueberries | Cashews |
| Raspberries | Carrots | Onions | Brussels Sprouts | Plums | Olive Oil |
| Red Bell | Grapefruit | Pears | Collards | Prunes | Peanuts |
| Peppers | Oranges | White Peaches | Green Bell | Purple Grapes | Pecans |
| Red Cabbage | Peaches | White | Peppers | Raisins | Pumpkin Seeds |
| Strawberries | Pineapples | Potatoes | Green Olives | | Sunflower Seeds |
| Tomatoes | Pumpkin | | Guacamole | | Walnuts |
| Watermelon | Sweet Potatoes | | Kale | | Wheat Germ |
| | Tangerines | | Mustard Greens | | |
| | Yellow Bell | | Romaine Lettuce | | |
| | Peppers | | Spinach | | |

Water is the most important supplement we have! Hydration is overlooked by most athletes, and by the time you are thirsty, you may have already compromised performance. Drinking the proper amount of fluid before, during, and after exercise will keep you well hydrated. **Start by paying attention to the color of your urine.** It is the most practical way to tell if you are hydrating appropriately.

- If your urine looks like pale lemonade, you are doing well! If it’s clear, you may be drinking too much at one time – work on sipping water more regularly throughout the day. If is too dark, you need to consume more fluids throughout the day.
- Watery foods like fruits and vegetables contribute to hydration. Increasing salt and carbohydrates will help your body hold on to more water.
- Plan ahead and carry a water bottle with you. To calculate approximately how much water you need daily, divide your weight in half. This is the minimum amount of fluid in ounces you should strive to drink daily.
- Muscle is 75% water. So, if you are trying to gain muscle, you need to drink additional water to aid in building that new muscle. Be sure to carry a water bottle with you and drink often throughout the day.

Tips for Proper Hydration:

- **Pre-Hydrate** – Drink 16–20oz. of water 2–3 hours before practice/competition. Drink 8oz of water or sports drink 10–20 minutes before practice/competition.
- **Hydrate** – Drink water or sports drink during practice/competition, not waiting until you feel thirsty. One simple strategy is to drink 4-8 oz. during every break. On gulp is approximately an ounce.
- **Re-Hydrate** – Drink 20–24oz. of water, sports drink or chocolate milk for every pound of weight lost.

Grocery List

| <u>PROTEIN</u> | <u>CARBOHYDRATES</u> <i>(WANT HIGHER FIBER)</i> |
|---|---|
| <p><u>Dairy</u> Milk (Skim or 1%; Low-fat Chocolate) Cheese/String Cheese (Reduced Fat) Eggs and/or Egg Whites or Liquid Eggs Yogurt (Greek has more protein!) Cottage Cheese (Low-fat)</p> <p><u>Meat</u> Ground Beef or Turkey (90-99% lean) Frozen and/or Pre-cooked Chicken Breasts Frozen Salmon fillets Turkey, Ham, Roast Beef Lunchmeat Cans or Pouches of Tuna/Chicken</p> <p><u>Other</u> Peanut Butter, Peanuts, Almonds, Walnuts, Cashews, Trail Mix Cans of Beans/Refried Beans <i>NSF-for-Sport</i> certified Whey Protein</p> <hr/> <p><u>VEGETABLES (any that you want)</u> Baby Carrots Bagged Salads <i>Frozen:</i> Chopped Spinach, Broccoli, Cauliflower, Corn Green Beans, Mixed Vegetables</p> <p><u>CONDIMENTS</u> Ketchup, Mustard, Salsa, Olive Oil Light Mayonnaise Jelly or Jam Spaghetti Sauce Soy sauce/Tamari Worcestershire sauce, Steak sauce</p> | <p><u>100% Whole Wheat Bread</u> Bread, Buns, Bagels, Tortillas</p> <p><u>Cereal</u> <u>(≥ 2g Protein & Fiber / 100 calories)</u> Kashi (any variety), Granola Oatmeal Cheerios Frosted Mini Wheats (if you want sweet) Raisin Bran/Total/Wheaties Honey Bunches of Oats</p> <p><u>Other</u> Pasta (any type) / Microwavable Pastas Instant Brown Rice (Frozen or Micro) Long Grain & Wild Rice Mix/Pouches Quinoa (plain or seasoned) Macaroni & Cheese Hamburger or Tuna Helper Potato or Sweet Potato Popcorn (94% Fat Free) Pretzels Energy Bars (Clif, Mojo, Kind, etc.)</p> <p><u>FRUIT (any that you want)</u> <u>Get only enough for 1 week</u> <i>**Best - Berries, Grapes, Cherries</i> Apples, Oranges, Pears Bananas 100% Juice (Cherry, Grape, Cranberry, Orange, Apple) Dried Fruit (Raisins, Plums, Cherries)</p> |

1. Always shop with a list & stick to it.
2. Never shop on an empty stomach.
3. Look for the store brand.

Quick & Easy Meal Ideas

Missing meals and snacks because you can't find anything you like, or you are rushing out the door to school or practice will cause your performance to suffer. Stocking up on some essentials will help provide you with the extra nutrition you need to be energized both at school and in the pool! Below are some easy and cheap options.

Quick Breakfast Ideas:

1. Peanut Butter & Jelly Sandwich with Glass of Milk & Whole Orange
 2. Egg Burrito with Cheese & 100% Juice
 3. Oatmeal with Frozen Blueberries, & Greek Yogurt
 4. Kashi Go Lean/Raisin Bran with Milk & Banana Slices
- Bowl for microwaving eggs for breakfast burrito

Lunch Options:

1. Turkey & Cheese Sandwiches with Guacamole & an Apple
2. Bean & Cheese Burrito with Salsa, an Orange & Nuts
3. Tuna Salad Sandwich (Mix with Mustard/Greek Yogurt) on Whole Wheat Bagel with a Banana & Peanut Butter
4. Greek Yogurt with Granola, Nuts and Frozen Fruit Added
5. Hummus & Cheese pita with frozen, microwaved Veggies & 100% Juice

Dinner Options:

1. Pre-Cooked Chicken Breast, Microwavable or Pre-Cooked/Frozen Rice Pouch (Uncle Ben's, Annie Chuns, Success Rice, Trader Joe's frozen brown rice), Frozen Veggies w/oil
2. Salad with Canned Tuna & Pita with Hummus
3. Microwaved Baked Potato with Ketchup or Salsa, Low-fat Cottage Cheese, Cooked/Frozen Veggies & Baked, Refried or Black Beans
4. Egg & Bean Burrito with Frozen, Chopped Spinach & Guacamole added, & Orange
5. Microwavable CousCous, Pre-Made Pork BBQ (Lloyd's), Baby Carrots & Hummus
6. Microwavable Pasta Entrees (Ex: Barilla Meat Sauce Gemelli)

Snacks:

Proteins: Tuna pouch (mix hummus into it or spoon it right out of pouch!), Beef Jerky, 16 oz Milk, Greek Yogurt

Healthy Fats: Trail Mix, Dried Fruit, Nuts (Walnuts, Almonds, Pecans, Cashews, Peanuts), Hummus, or Guacamole

Starches: 94% Fat-Free Popcorn, Kashi TLC Crackers, Triscuits or Whole Grain Wheat Thins

Produce: Baby Carrots, raw cut veggies, Whole Fruits, or 100% Juice

Carb Snacks: Granola bars; Fruit Puree Pouches (Buddy Fruit, GoSqueeze, Peter Rabbit Organics, etc)

Daily Nutrition Score Card

Complete daily. Focus on the questions you answer “No” to and change them to “Yes” the next day.

| | Y | N |
|--|---|---|
| 1. Did you eat breakfast today? | | |
| 2. Did you eat 5-6 times today? | | |
| 3. Did you eat a meal ~3 hours or a snack ~1 hour, before practice/workouts? | | |
| 4. Did you eat a meal or snack (a shake or bar counts) with quality protein and carbs within 60 minutes post workout? | | |
| 5. Did you include protein at every meal and snack? | | |
| 6. Did you eat ≥ 5 servings of different colored fruits and veggies today? | | |
| 7. Did you eat healthy fat today? (Fish Oil, nuts, seeds, peanut butter, hummus, avocado, fish, olive oil, and/or flaxseeds) | | |
| 8. Did you choose whole grains at least 50% of the time? (i.e. choose whole wheat vs. white bread) | | |
| 9. Did you get ≥ 3 servings of low fat dairy products today? | | |
| 10. Do you stay hydrated throughout the day? This means carrying, and drinking from, a water bottle all day and having clear to pale-yellow urine. | | |
| 11. Did you get at least 7 hours of sleep last night? | | |
| 12. Did you avoid alcohol? | | |

Total: Y ____

State Champion Nutrition = 11-12

Regional Champion Nutrition = 8-10

Better luck next year = ≤ 7

Healthy Recipes

Overnight Oatmeal

Increase proportions in this recipe, so you can make several days' worth ahead of time. Store in a large container, or separate "Ball jars" that you can purchase at most grocery stores.

Ingredients

- ½ cup rolled oats
- ½ cup Greek yogurt (plain or flavored)
- ½ cup milk (dairy or soy for higher protein)
- ½ cup fruit (fresh or frozen), optional
- Add-ins: 1-2 T chia, flax or hemp seeds or 1-2 tsp. nut butter, cinnamon, vanilla or other spices
- Sweeten, if desired, by adding mashed overripe banana OR 1-2 tsp. honey, agave syrup, brown or raw sugar, maple syrup.

Preparation

Mix all ingredients together, cover, and let sit overnight in the refrigerator. Top with fresh fruit before eating, if desired.

Nutrition Facts:

Total calories per serving = 380*

Protein = 23g

Carbohydrate = 57g

Fiber = 12g

Fat = 9g

*Adding 1 tsp. maple syrup, honey or sugar increases calories to ~400 and carbs to ~61g.

Curry Dip

The curry powder in this dip contains curcumin (turmeric) which has anti-inflammatory effects. You can use low-fat or olive oil mayo for this dip. Mixing mayo ½ & ½ with plain Greek yogurt adds a bit of tang and protein!

Ingredients:

- 1 cup low-fat or olive oil mayonnaise
- 1 Tbsp. curry powder
- 1 Tbsp. tarragon vinegar
- ¼ tsp. garlic powder
- 1 tsp. horseradish
- 1 tsp. grated onion (can use dried minced onion)
- Assorted vegetables (celery, carrots, bell peppers, radishes), sliced into bite-sized strips.

Directions: In a small bowl, mix ingredients together until well blended. Cover and chill until ready to serve.

Serving Size: 2 Tbsp. (assumes light mayo)

Calories: 72 Protein: 0g

Carb: 2g Fiber: 2g

Sodium: 241mg Chol: 10g

Fat: 7g (1g sat, 2g mono, 4g poly)

Kale & Brussels Sprouts Salad

Using pre-sliced Brussels sprouts & toasted almonds, makes this a recipe easy to put together. If purchasing whole kale, this kale/herb stripper by [Chef'n](#) is one of my favorite inexpensive kitchen tools!



Ingredients:

Dressing

- ¼ cup fresh lemon juice
- ½ cup extra-virgin olive oil
- 2 Tbsp. Dijon mustard
- 1 tsp. minced shallot (could substitute onion)
- 1 small garlic clove, finely grated/chopped
- ¼ tsp. kosher (course) salt
- Freshly ground black pepper (to taste)

Salad

- 2 large bunches of Tuscan kale leaves, large veins removed & finely sliced (1.5 lbs.); Can use chopped, bagged kale.
- 12 oz. Brussels sprouts, stems discarded, leaves finely chopped (Trader Joe's sells bagged, sliced Brussels sprouts that work well in this salad!)
- 1/3 cup dried cranberries
- 1/3 cup almonds (or packaged pre-toasted almonds)
- 1 cup finely grated Pecorino or Parmesan cheese.

Directions:

- Combine lemon juice, Dijon mustard, shallot, garlic, ¼ tsp. salt, and a pinch of pepper in a small bowl. Stir to blend; set aside to let flavors meld. Mix thinly sliced kale and shredded Brussels sprouts in a large bowl.
- If making own almonds: Measure ½ cup oil into a cup. Spoon 1 Tbsp. of oil from cup into a small skillet; heat oil over medium-high heat. Add almonds to skillet and stir frequently until golden brown in spots, about 2 minutes. Transfer nuts to a paper towel-lined plate. Sprinkle almond lightly with salt.
- *Time and calorie saver: Purchase toasted, sliced, slivered or whole almonds.

- Slowly whisk remaining olive oil into lemon-juice mixture. Season dressing to taste with salt and pepper. Do ahead: Dressing, kale mixture, and toasted almonds can be prepared 8 hours ahead. Cover dressing and kale mixture separately and chill. Cover almonds and let stand at room temperature.
- Add cheese and dressing (to desired taste) to kale mixture; toss to coat. Season lightly with salt and pepper, or to taste. Garnish with almonds & dried cranberries.
- **Notes:** This salad holds up well in the fridge, even after dressing, so it makes great leftovers. Top with protein (chicken, salmon, hard-boiled egg) and serve with pasta, quinoa, rice, a baked potato or whole grain baguette for a complete meal.

Nutrition Information: Serves 8

Calories: 271

Carbohydrate: 14g

Cholesterol: 17g

Fat: 21g (5g sat, 2g poly, 12g mono)

Protein: 11g

Fiber: 5g

Sodium: 394g

Asian Grilled Salmon

Full of healthy fat, this marinade is simple & delicious on grilled or baked salmon. Recipe adapted from [Ina Garten](#) at Epicurious.com.

Ingredients:

- 1 large salmon filet, boned but skin on (about 2 pounds) OR 6, ~5 oz. salmon filets

Marinade:

- 2 tablespoons Dijon mustard
- 3 tablespoons good soy sauce
- 6 tablespoons good olive oil (Can reduce to 4 Tbsp. for fewer calories.)
- 1/2 teaspoon minced garlic

Directions:

- For Grill: Brush grill rack with oil and turn on gas or light charcoal briquettes. For Oven: preheat to 350 degrees.
- While the grill or oven is heating, lay the salmon, skin side down on a rimmed cookie sheet (1/2 sheet pan) or in a 9x13" baking dish.
- Whisk together the mustard, soy sauce, olive oil, and garlic in a small bowl. Drizzle about half of the marinade onto the salmon (enough to coat the top) and allow it to sit for 10 minutes.
- **For Grill:** Place the salmon skin side down on the hot grill; discard the marinade the fish was sitting in. Grill for 4 to 5 minutes, depending on the thickness of the fish. Turn carefully with a wide spatula and grill for another 4 to 5 minutes. The salmon will be slightly raw in the center, but it will keep cooking as it sits.
- **For Oven:** Place salmon skin side down on a baking sheet. (Using a silicone liner or parchment paper makes clean-up easier!) Place in the oven and cook for ~15-20 minutes, depending upon thickness of the fish. (I prefer Salmon to be pale pink and flake easily with a fork; however, you can cook until desired doneness.)
- Transfer the fish to a flat plate or cutting board, skin side down. Allow the fish to rest for 10 minutes. Remove the skin and serve warm, at room temperature, or chilled.
- **Notes:** *Start some rice on the stove (or purchase frozen brown rice at Trader Joe's to save time), so it cooks while you are preparing the salmon. Steam a bag of broccoli in the microwave, and you have a complete meal!*

Nutrition Information per serving: (Makes 6 servings) – Calories & fat are approximate, depending upon amount of marinade consumed. Though high in total fat, both olive oil and salmon are good sources of healthy, anti-inflammatory fats.

- Calories: 600
- Carbohydrates: 1 g
- Fat: 44 g
- Protein: 47 g
- Saturated Fat: 9 g, Poly: 23g, Mono: 28g
- Sodium: 629 mg
- Fiber: 0g
- Cholesterol: 187 mg

Green Smoothies

“Purple”icious Smoothie

Ingredients:

- ¾ cup Greek yogurt (or 1 - 1 ½ cups regular yogurt)
- 1 ½ cups frozen blueberries (½ of a 12oz. bag)
- 2 cups baby spinach
- 1 large or 2-3 small oranges (or 1 cup orange juice)
- 1 ripe banana
- Ice to taste

Directions:

- Place fruit into blender, add yogurt (& juice, if using) and blend until smooth.
- May substitute vanilla yogurt or try non-fat dry milk or an APPROVED protein powder instead of yogurt, adding milk or alternative liquid until desired consistency.

Grapesicle Smoothie

Ingredients:

- ¾-1 cup pineapple chunks (4.5 oz.)
- 4 cups (loosely packed) spinach or other greens
- 1 cup frozen blueberries (5 oz.)
- 1 medium apple, quartered*
- ½ ripe medium banana (1.5 oz.)
- ½ medium orange, peeled or 1 clementine peeled (1.5 oz.)
- ¼-½ cups grapes (2-4 oz.)
- ½ cup water
- 1 cup ice, or to taste

Directions:

- Place ingredients into (a large) blender and blend until smooth, adding ice, as desired. Adjust sweetness by adding more or fewer grapes. You can also add yogurt or APPROVED protein powder.
- *For less powerful blenders, you may need to grate apple or cut it into smaller chunks; you may also substitute orange juice.
- **Time Saver:** Prepare individual sandwich bags with pre-cut fruit, so all you need to do is grab a bag from the freezer and add warm water/yogurt/protein to blend.