

## NUTRITIONAL BASICS FOR SWIMMING

### CARBOHYDRATES

- ∴ Carbohydrates are used as fuel for intense exercise.
- ∴ Active swimmers should consume from 60-70% of daily calories in carb-rich foods.
- ∴ Carbohydrates include items such as breads, cereal, pasta, rice, fruits, vegetables etc.
- ∴ Aim for a daily intake of six to seven grams of carbohydrates per pound of body weight.

### FAT

- ∴ Fat carries vitamins through the body and serves as a minor energy source.
- ∴ Limit intake of fat to 15-20% of daily calories, or less than 80 grams.
- ∴ Avoid high fat foods like salad dressings, chips and sweets.
- ∴ Concentrate on unsaturated fats like vegetable oils, nuts and fish.

### PROTEIN

- ∴ Protein builds and maintains the body's muscle tissue, enzymes, hormones and antibodies.
- ∴ Recommended daily protein is 20-25% of total calories.
- ∴ To get protein, eat lean meats, eggs, beans.
- ∴ Figure 0.7 to 0.8 gram per one pound body weight.

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### VITAMINS AND MINERALS

- ✔ Vitamins and minerals are essential for balancing body processes.
- ✔ Take vitamins A, C and E.
- ✔ Muscle cramps? You may be lacking in potassium and calcium. Minerals are also important for good muscle contraction.

### WATER

- ✔ Cool natural water is crucial to fluid replacement since 60% of body weight is water.
- ✔ Limit the use of sport drinks, or dilute them with water.

### TYPICAL SWIMMER'S DIET

- ✔ **Pre-workout:**
- ✔ Morning swimmers can benefit from a 100-200 calorie carb and protein snack, like a glass of orange juice, a half bagel with peanut butter, trail mix with nuts or dried fruit, a low fat yoghurt, granola bar, or a cup of cereal with low fat milk.
- ✔ It is important to hydrate yourself with a half cup of water for every half hour of exercise.

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### TYPICAL SWIMMER'S DIET

#### Pre-competition:

- Plan on eating a high-carb diet with lots of fluids a few days before competition to maintain glucose levels for endurance.
- Eat a high-carb, low-fat meal 3-4 hours before your competition. A turkey sandwich, pancakes, chicken, bread, applesauce, spaghetti with meat sauce, low fat yoghurt, or a bagel with peanut butter and raisins will help fuel your energy.
- Be sure to drink 1-2 cups of water 15 minutes before competing to ensure hydration.

#### The crucial post-workout:

- This is the most important time to maintain your store of energy through your food!
- By eating carb and protein, like a yoghurt smoothie, within 30 minutes after a workout your body can absorb the nutrients to repair muscle tissue.
- Plan to eat a complete balanced meal within two hours for maximum recovery.