

EST.1964

APPLE WOOD

APIT

SWIMMING

NUTRITION MANUAL

*Developed by Ryan Ebie (2018)

Suggested General Food List

Below is an approved food list developed by the coaches; if you have any add-ons or suggestions please feel free to contact one of the coaches. Foods not listed *should not be eliminated* completed just limited in quantity

- We are encouraging every swimmer to eat a pre-practice breakfast before practice.
- We are also mandating that every swimmer must bring **2 approved drinks** (1 for during practice and 1 for after) and at least **1 pre-practice snack** and **1 post-practice snack**.

EVERY DAY PRACTICE I NEED TO BRING: (1) Before Practice Snack (1) After Practice Snack (2)
Coach Approved Drinks

HEALTHY EATING PLATE

HEALTHY OILS
Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.

VEGETABLES
The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

FRUITS
Eat plenty of fruits of all colors.

WATER
Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

WHOLE GRAINS
Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

HEALTHY PROTEIN
Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

STAY ACTIVE!

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FOOD IS FUEL.

As a young athlete, you have the power to improve your performance through food. This manual will help guide you in making smart nutrition choices throughout your competitive year. The stress you endure through sport and school increases your nutrition needs.

You must have plenty of the right food to compete at your highest level.

Determining your CARBOHYDRATE needs after exercise

If You Weigh: You Need This Much:

Body Weight *Carbs (grams)*

Under 100 lb 40-50 g

110 lb 50 g

120 lb 55 g

140 lb 64 g

160 lb 73 g

180 lb 82 g

200 + lb 91 g +

Endurance Trained Athletes DAILY PROTEIN

If You Weigh: You Need This Much:

Body Weight-lb *Daily Protein (grams)*

100 50-64 g

105 53-67 g

110 55-70 g

115 58-73 g

120 60-76 g

125 63-80 g

130 65-83 g

135 68-86 g

140 70-89 g

145 73-92 g

150 75-95 g

155 78-99 g

160 80-102 g

170 85-108 g

180 90-115 g

190 95-121 g

* University of Washington

Daily Checklist

Complete this checklist daily to ensure you are achieving optimal nutrition.

_____ I ate breakfast

_____ I ate 3 balanced meals

_____ I ate 2-3 nutritious snacks

_____ I ate 3-5 pieces of fruit

_____ I ate 3-4 servings of vegetables

_____ I ate 2-3 servings of low-fat dairy products

_____ I ate a lean source of protein in each meal

_____ I ate a source of carbohydrates in meals and snacks

_____ I selected foods moderate or low in fat

_____ I drank water regularly throughout the day

_____ I drank an electrolyte drink during intense conditioning

_____ I refueled within 30 minutes following workouts

CARBOHYDRATES (with every meal – *essential for BEFORE AND AFTER WORKOUTS*)

What are carbs for?

Carbs are the body's main source of energy and fuel used for physical activity. They are used for both fuel for workouts and recovery after them. The two types of carbohydrates: Simple Carbs are sugars digested quickly and if not used immediately can be converted **directly to fat** these should be limited to after workouts. Complex Carbs are high in fiber which takes longer to digest which causes energy to be released over a longer time, great for before & after workouts.

Carbohydrate rich need to be eaten at regular intervals each day as they provide much of the fuel needed to keep kids active and happy. The harder the workout the more carbohydrates you will need both *BEFORE & AFTER*.

Fruits: *FOR PRE/POST WORKOUT & RECOVERY*

Apples	Grapes	Pears
Bananas	Kiwi	Pineapples
Blueberries	Mango	Raisins
Cherries	Oranges	Strawberries- Watermelon

Starches: *TRY TO EAT COMPLEX CARBS*

Bagel (preferably whole wheat)	Fig Newtons	Pretzels
Bread (preferably whole-wheat)	Low Fat Muffins	Rice (preferably brown)
Baked Chips	Low Sugar Granola	Smart Popcorn
Cream of Wheat	Oatmeal (quaker instant is easiest)	Tortillas (preferably whole-wheat)
English muffin (whole-wheat)	Pasta (preferably whole grain)	12 Grain Bread

Low-sugar cereal:

Cheerios Original	Raisin Brain	Kix
Fiber One	Rice Krispies	Wheat Chex
Kashi Go Lean	Special K	Wheaties

Vegetables: *EAT AS MUCH AS POSSIBLE*

Beets	Chickpeas	Mushrooms
Broccoli/ Cauliflower	Corn	Peppers
Cabbage	Cucumbers	Potatoes (preferably sweet)
Carrots	Green Beans	Spinach (baby spinach)
Celery	Lettuce (romaine or green)	Yams

PROTEINS *(try for every meal)*

What is protein used for?

Protein is the body's main source for growth and development. It is essential for muscle growth along with hair, skin, body and organs. Protein is used for tissue repair, formation of antibodies that help prevent infection and illness, and is used as an energy source when carbs aren't available.

Lean Meats:

Chicken (skinless)	Deli Meat
Turkey	Lamb
Beef	Pepperoni
Ground Beef	Pork
Ham	Steak
Jerky	Turkey Bacon

Lean Fish:

Cod	Pollock
Flounder	Salmon
Halibut	Tuna

Other:

Baked Beans	Peas
Cottage Cheese	Almonds
Eggs & Egg Whites	Hummus
Peanut Butter	Non-Fat Yogurt
Spinach	Swiss Cheese

FATS (*essential, but in moderation*)

What is fat for?

Fats are essential for building and repairing your body tissues, stored (concentrated) energy, cell and nerve production, and the absorption of fat-soluble vitamins A,D,E, and K. Fats serve as a regulation of most bodily processes and function of cells. Try to consume monounsaturated and polyunsaturated fats, and limit or avoid saturated fats.

Almond Butter/Cashew Butter	Macadamia
Almonds	Peanut Butter
Avocados	Peanuts
Cashews	Pumpkin Seeds
Low fat cheese	Sunflower Seeds
Olives/Olive Oil	Walnuts

DRINKS

Why is hydration important?

Believe it or not you sweat just as much at swim team practice as you do any other sport, however being in the pool can mask this. Hydration is vital to performance as well as recovery of electrolytes for athletes. Dehydration can cause your body temperature to rise, can cause headaches, dizziness, fatigue, muscle cramping and causes easy workouts to become harder.)

WATER

Gatorade – <i>Around Workout</i>	Low-fat chocolate milk
PowerAde – <i>Around Workout</i>	Milk
Coconut Water	Unsweetened Tea
Green Tea	Natural Fruit Juice
	Whey Protein Shakes (Not Muscle Milk)

OTHER

"Performance" Bars & Drinks: (do not overuse - should be low sugar)

Crunchy granola bar	Harvest Bar	Granola bar
Chewy granola bar	Protein Plus	Kind Bar
Quaker Chewy Bar	Whey Protein of any kind (Gold Standard is good)	Fiber Bar
Builder Bar	MP Combat Crunch Bars	The Complete Cookie
Clif Bar		Protein Chips

In between Race Snacks:

Almonds	Fruit Smoothies (low sugar)	Trail Mix
Low Fat Chocolate Milk	Fruit	Whole Grain Crackers/Chips
Baby Carrots	Humus	Yogurt & Granola
Chicken/Turkey Wraps	PB & J	Performance Bar w/ Carbs & Protein
Electrolyte Drinks- Gatorade/PowerAde	Pita Chips	Granola bar
	Pretzels	

FOODS YOU SHOULD LIMIT

This **does not** mean that you should never eat these foods. Just make conscious decisions to limit these types of foods and get into a routine of choosing healthy choices. These foods hurt your athletic performance so

AVOID THEM ON MEET DAYS AT THE VERY LEAST.

High Carb + High Fat Meals	Energy Drinks: Monster, Red Bull	French Fries
Fried Foods	Fast Food	Fried Chicken
Simple carbohydrate foods	Sugar Cereal	Baked goods
Soda and Diet Soda	Pastries	Bacon
High Sugar	Candy	Deserts
High Saturated Fat	Flavored Coffees	
Frappuccino's		

EXAMPLE MEALS

Before Practice Snacks:

30 Minutes before workout- try and keep it light

Whole Wheat Bread/Bagel

Oatmeal with fruit

Granola

Cereal with milk, fruit and yogurt

Fruits

Fruit Salads

Dried Fruit

Low Fat Fruit smoothies

Electrolyte Drink

Sandwich, Roll, or Wrap with protein filling

Scrambled Eggs or Omelets with toast

Peanut butter on toast, topped with sliced banana and a glass of milk

Whole Grain Waffle with sliced fruit and yogurt

Greek yogurt with berries

Performance Bars

Water

After Practice Recovery Snacks:

Immediately to 30 minutes after workout

Whole Wheat Breads

English Muffin with protein choice

Bagel with protein choice

Tortilla with protein choice

Low Fat Muffins

PB & J

Peanut Butter Sandwich with sliced banana

Oatmeal with fruit

Fruits

Electrolyte Drinks

Water

Bowl of Cereal

Protein Bars – Performance Bars

Whole wheat pasta – light sauce or butter

Brown rice with protein choice

Pretzels

Low fat fruit smoothies

Low fat fruit yogurt

Low fat chocolate milk

Low fat crackers

Granola Bar

Protein Bar



EXAMPLE MEAL SCHEDULE: **Practice** –Suggested

7:00 Breakfast/ Pre- Workout Snack

7:45 A Practice

9:35 Post- Workout Snack

9:30 B Practice

11:00 C Practice

12:00

1:00 Lunch

2:00

3:00 Mid- Day Snack

4:00

5:00

6:00 Dinner

7:00

8:00

9:00 Snack

Athletes should be eating at least 6 meals a day



EXAMPLE MEAL SCHEDULE: Meet Day –Suggested

7:00 Breakfast

7:30 Pre- Workout Snack

7:45 A Practice

9:35 Post- Workout Snack

9:30 B Practice

11:00 C Practice

12:00

1:00 Lunch

2:00

3:00 Light Dinner

4:00

4:30 Warmups Start

5:30 Pre-Meet Snack

5:30 Meet Starts

6:00 Post-Swim Snacks

7:00

8:00 Meet Ends

8:30 Celebrate the Victory at Cocca's!