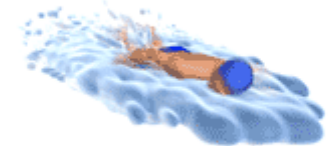


Performance Nutrition for Swimming



Agenda

- Recovery Nutrition & Importance of Timing
- Protein, Calcium & growing athletes
- Myths & Misconceptions in Sports Nutrition
- Nutrition during School
- Performance Nutrition for Competition



Recovery Nutrition

- ❑ Make a list of the food & drink you have after training
- ❑ How long do you wait to eat after training?
- ❑ Do you think what you eat is good?



Recovery Nutrition

- The quicker you eat/drink after training – the quicker you recover

 Milkshake & Banana

 Sports Drink & Fruit



- Evening meal should contain:

- plenty of carbohydrates
- a portion of protein
- Vitamins & minerals
- Fluids



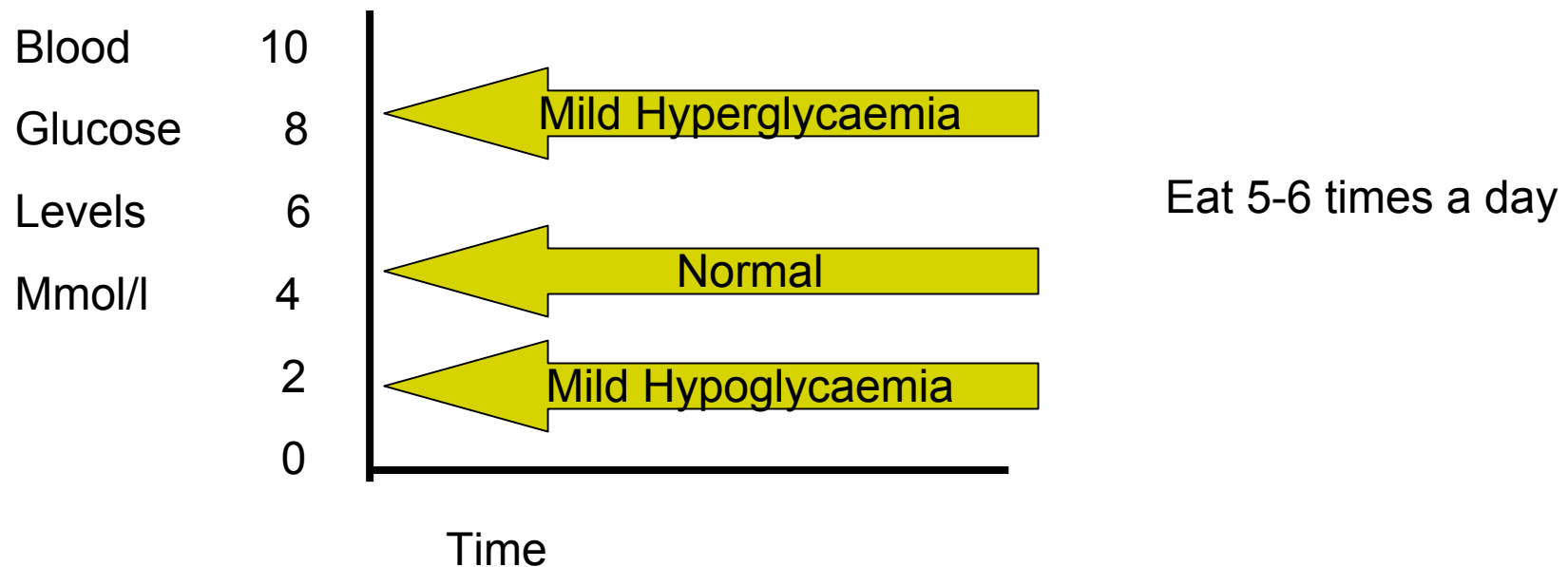
Example

- If you will not get to eat 60-90 mins after training have a milkshake
- Example meals

Main Meal	Dessert	Fluids
<ul style="list-style-type: none">□ Tuna Pasta Bake + Salad or Veg.□ Jacket potato with filling□ Stir fry chicken & veg with noodles	<ul style="list-style-type: none">□ Jelly□ Fruit salad□ Low fat custard□ Treat yourself occasionally	<ul style="list-style-type: none">□ Cordial/squash□ Water□ Flavoured water□ Fruit juice

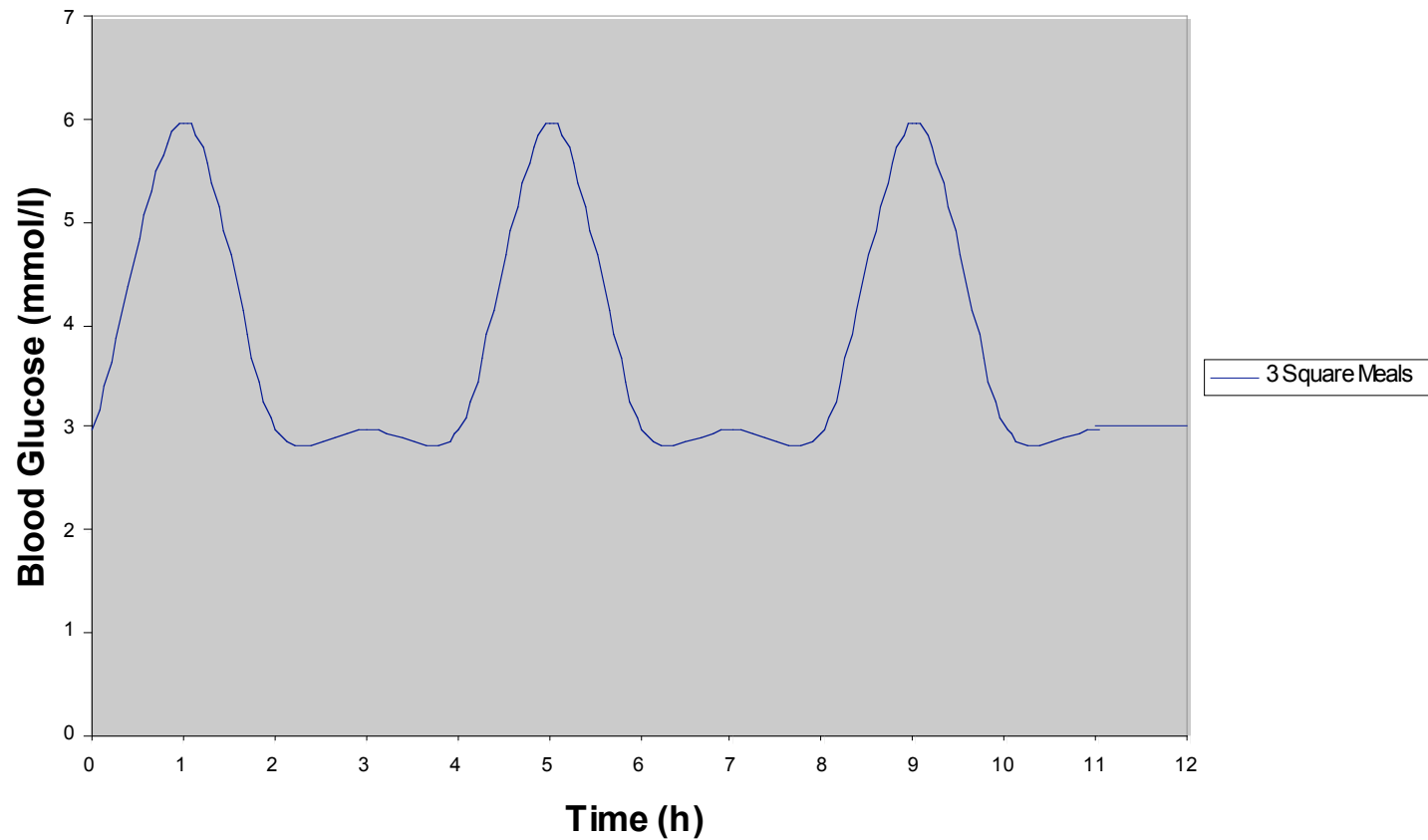
Why is Timing so important?

- You want to keep your blood glucose levels constant throughout the day



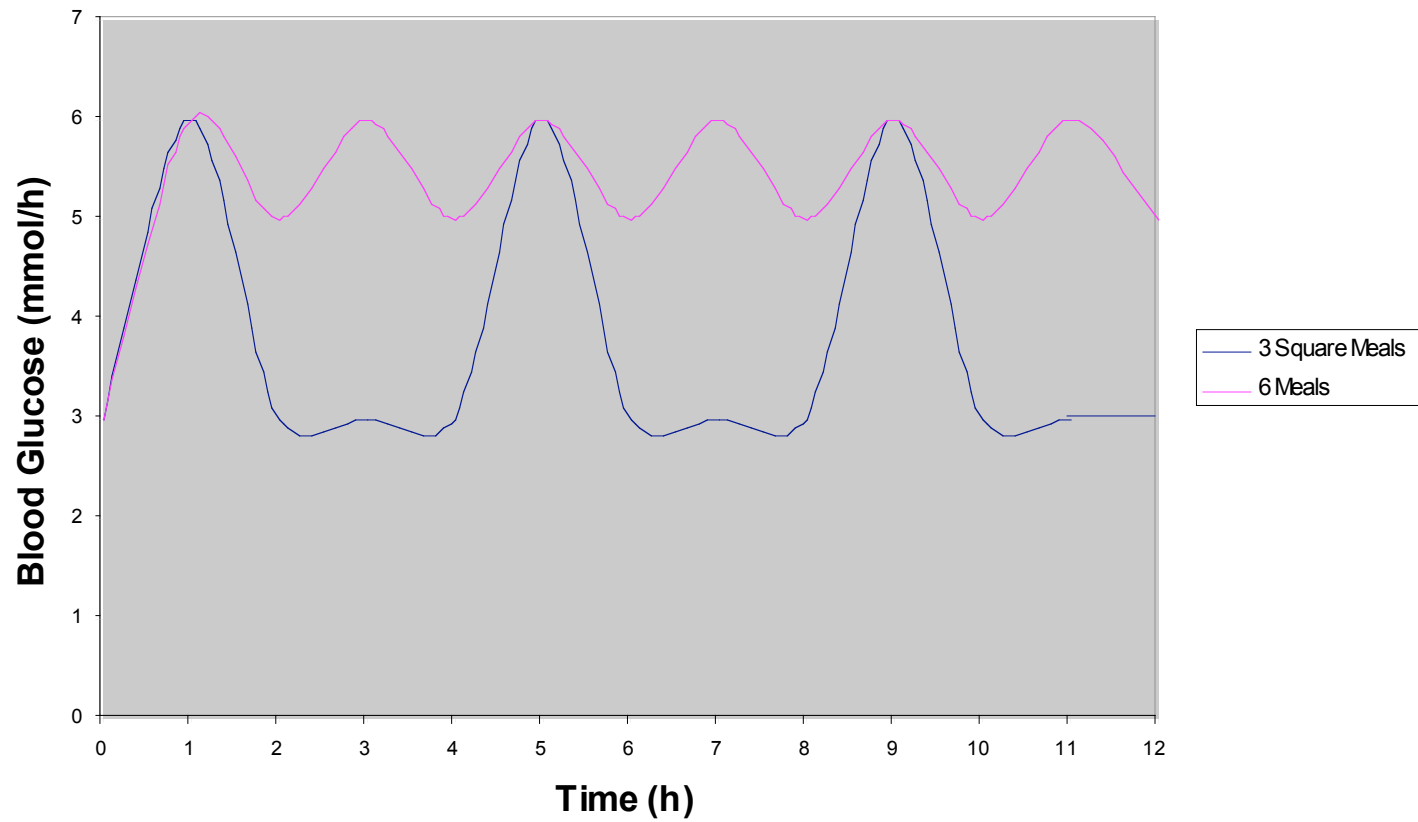
Blood Glucose

3 Square Meals



Blood Glucose

3 Square Meals + Snacks



FALSE
true



- Get into 3 Groups.
- Split the cards into 2 Piles:

TRUE	FALSE
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Nutrition During School

- If food selection is poor bring your own!
 - Healthy Snacks
 - Enough Fluids
 - Occasional Treats

- Its better to have more food than you need than not enough

Packed Lunch

- Packed lunches need to be complete (i.e. CHO, Protein, Vitamins & Minerals, Fluids)



Main Meals	Snacks	Fluids
Ham salad Sandwich	Fruit, Dried fruit, Nuts	Water, Diluted squash (cordial)
Chicken Pasta Salad	Cereal Bars	Fruit juice
Tortilla Wraps	Yogurt, smoothie	Milk



Protein & Calcium

- ❑ Males stop growing at the age of ~21
- ❑ Females stop growing at the age of ~ 18

- ❑ Training increases the need for protein & calcium

- ❑ Young athletes have 1.5-2 time the requirement compared to inactive youngsters

Protein & Calcium

- Aiming for 1 pint milk day
or
- 1/2 Pint milk + 1-2 Yoghurts

- If you don't like milk or yoghurts try alternatives
 - Soya milk
 - Goats milk
 - Cottage Cheese




Sample Meals

Pre-Training Meal	During Training	Post Training Meal	Snacks
Milk & cereal (Weetabix, Oats, Cornflakes)	Sports Drinks (> 1.5hr)	Chicken & mixed veg stir fry with noodles	Low fat crisps (as a treat!)
Toast with peanut butter (lightly spread)	Jaffa Cakes (more suitable for competitions)	Tuna pasta bake	Fruit
Fruit Juices (orange juice)	Fruit (Banana, Apple, Grapes)	Jacket potato with beans & low fat cheese	Dried Fruit & Nuts
Fruit (Bananas are particularly good)	Cereal Bars (e.g. Jordan's, Kellogg's)	Milkshake (Frij, Yazoo) & Fruit	Cereal Bars (Go Ahead, Special K)




Fluids

Pre	During	Post
<ul style="list-style-type: none">•Water•Squash•Fruit Juice (1-2 hrs before)	<ul style="list-style-type: none">•Sports Drinks (>1.5hrs)•Squash•Water 	<ul style="list-style-type: none">•Sports Drinks•Water & Fruit/Cereal bar•Fruit Juice (e.g. Orange, Apple Juice)•AVOID carbonated drinks

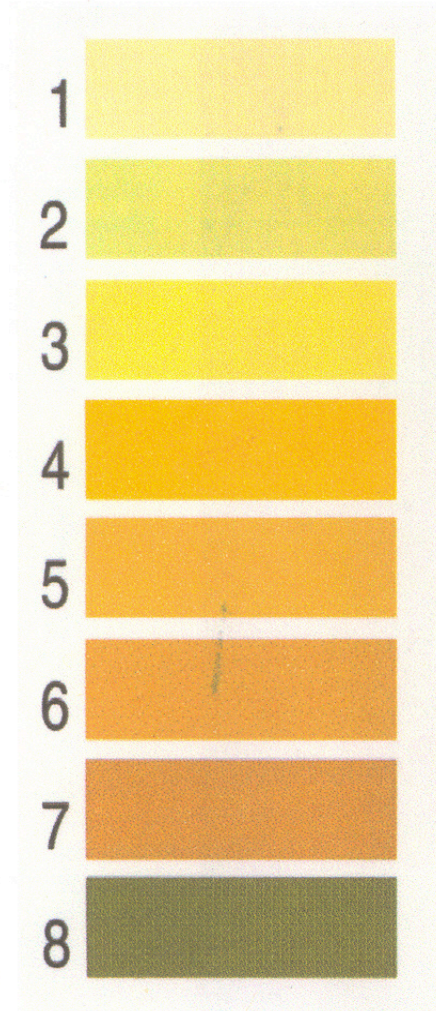
Dangers of Dehydration

	Dehydration
•Impaired Performance	2%
•Capacity for muscular work declines	4%
•Heat Exhaustion	5%
•Hallucinations	7%
•Heat stroke and circulatory collapse	10%



See your Pee!!

Match the colour of your urine sample to the colour on the chart.



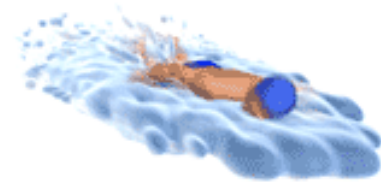
If the urine sample matches colour **number 1, 2 or 3** you are well hydrated.

If the urine colour matches **number 4 or 5** you are slightly dehydrated and should look to drink more.

If the urine colour matches **number 6 or 7** you are dehydrated and should begin to consume re-hydrating fluids immediately.

Nutrition for Competition

- ❑ Its what you eat 1-2 days before that counts
- ❑ Increase portion sizes slightly
- ❑ Increase fluids
- ❑ Get plenty of sleep!



Nutrition for competition

□ Healthy Snacks

- Jaffa Cakes
- Healthy flapjacks
- Cereal Bars
- Rice Cakes
- Fruit



- Avoid foods that contain fat on competition days/weekends as they take too long to digest

Nutrition for Competition

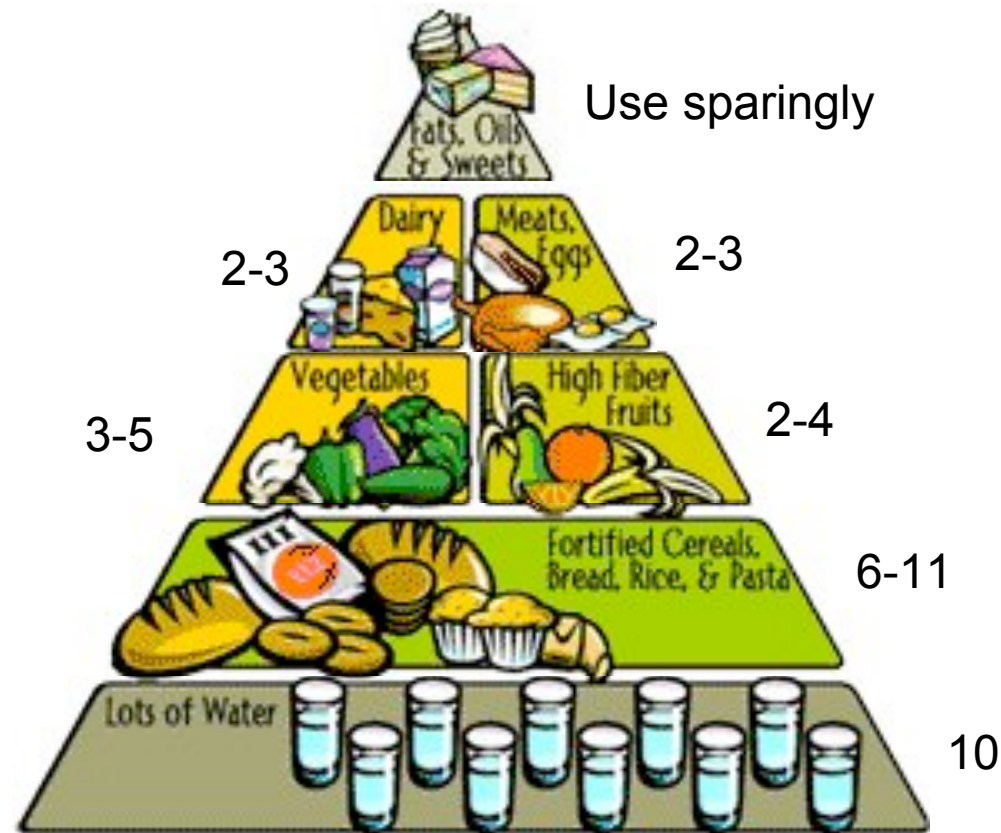
□ If you don't go prepared you will have to rely on:

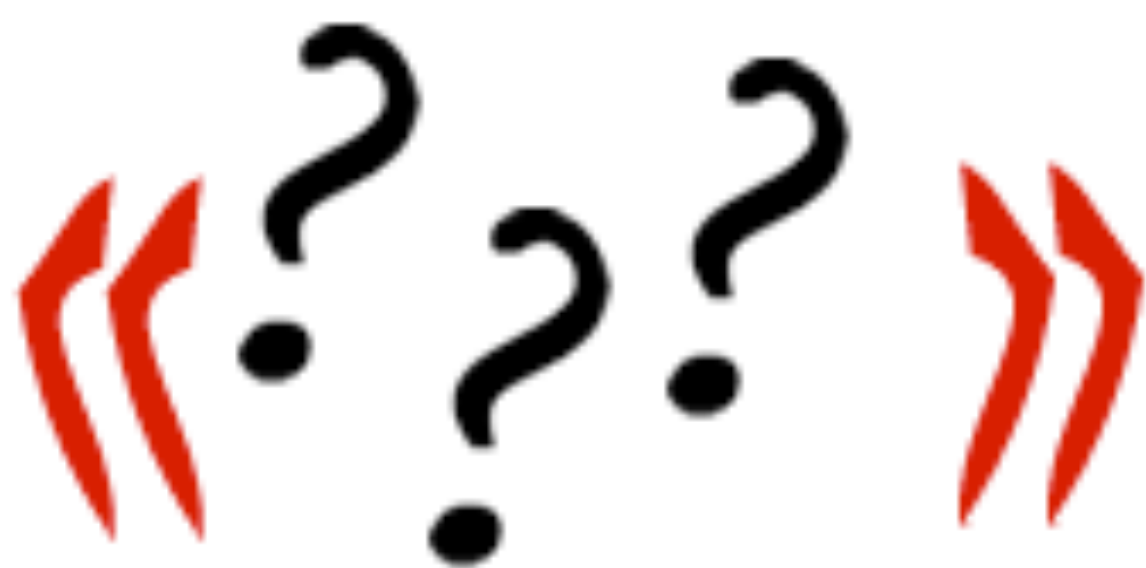
- Vending Machines
- Cafe foods
- Expensive foods
- Carbonated drinks!



□ Always take more than you'll need....The rest can be eaten on the way home!

Healthy Eating & Balanced Diet





Questions