

# **Nutrition Bites for Younger Swimmers**

Welcome to Cults Otters Swimming Club! You're working hard in the pool and you really want to make the best of your ability... to achieve this you need to make sure you are :-

**Fuelled**



**Hydrated**



**Focused**

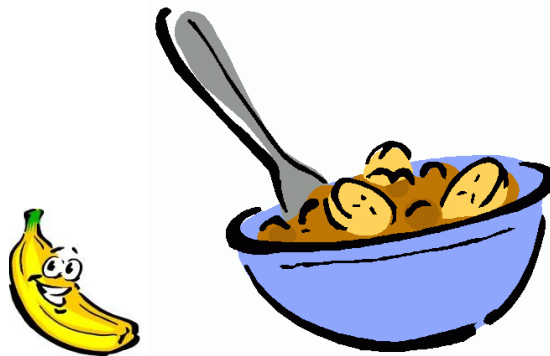


## Fuel before Morning Training



You need eat and drink before early morning training *up to ½ an hour* before you swim. Remember, *what you have for tea the night before training has an impact on how much energy you will have in the morning too.* Try to have a carbohydrate meal the night before eg pasta with chicken and vegetables, pasta with pesto and prawns and peas, baked potato with tuna or cheese and beans, wraps with grilled chicken and peppers.

Breakfast ideas include:



Toast and honey or jam

Roll and banana

Porridge – microwave porridge is quick to make early in the morning

Wholegrain breakfast cereal eg Weetabix or shreddies and milk, add some chopped banana, grapes or dried fruit

Pancake or bagel with jam

Wholegrain cereal bar eg Nature valley

**Don't forget to drink-water or fruit juice are good.**

**Milk is fine too if you can tolerate it.**

**Aim to have at least 250ml of fluid before morning training.**

## Afternoon or Evening Training



Ideally you should eat up to 2 hours before this training.

Your meal should be high complex carbohydrate, low fat and contain some protein.

*Ideas include:*

Baked potatoes with either beans, cheese , tuna

Pasta with tomato (low fat) sauces, small amount of lean mince or tuna and vegetables

Wraps filled with lean chicken in spices with peppers

Baguette with prawns in low fat mayo and salad

Small omelette with crusty bread

Minestrone soup with crusty bread

Banana sandwich and a yoghurt

*Remember to have a drink to make sure you start your session well hydrated. Aim for a couple of cups of water, weak diluted squash or milk if you can tolerate it.*

## Fluids for Training

Making sure you drink the right *type* and *amount* of fluid is important as it helps your coordination and concentration and stops you from tiring out early in your session.

If you are training for up to an hour, weakly diluted squash and water are sufficient.



If you are training for more than an hour, you can make *your own sports drink* using:

*200ml diluting squash ( not low calorie)*

*800ml water*

*A pinch of salt*

You should be drinking approx. *every 15 minutes* during training.

*Aim to drink 600ml for every hour of training* and don't leave it until you feel thirsty as you will already be on your way to being dehydrated!

***Remember 5 gulps every 15 minutes!***

## **Refuelling after swimming**

You need to eat *within 30 minutes of finishing* your session to replace energy stores and repair muscle tissue, so you need a mixture of complex carbohydrates and protein.

*Pitta breads with ham or cheese or tuna*

*Banana sandwich with yoghurt or yoghurt drink*

*Roll with cold meat, cheese or tuna fish*

*Wrap with cold meat or fish or cheese*

*Pasta with pesto sauce, grated cheese or chicken pieces and veg eg peas and sweetcorn*

*Risotto made with chicken and peppers*

*Beans on toast*

*Scrambled or poached eggs on toast*

*French toast ( eggy bread)*

*If you feel you need a pudding, how about something like....*

*Fruit yoghurts*

*Custard with chopped banana*

*Fresh fruit salad and a muffin*

*Pancake with jam and strawberries, raspberries and brambles*

*Rice pudding with sultanas*

*Remember to have a drink- you need to replace sweat... yes!  
you will have been sweating!*



Don't forget to drink after training!



In summary there are Five Goals of Sports nutrition:

1. Mix it up- *eat a varied and balanced diet*
2. Fuel up- *Eat plenty of carbohydrate rich foods*
3. Strive for 5- *Eat at least 5 portions of fruit and veg daily*
4. Refuel –*start refuelling with carbohydrate and fluids immediately after training*
5. Think Fluid- *Ensure you stay hydrated and drink throughout the day as well as before during and after training and competitions*

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