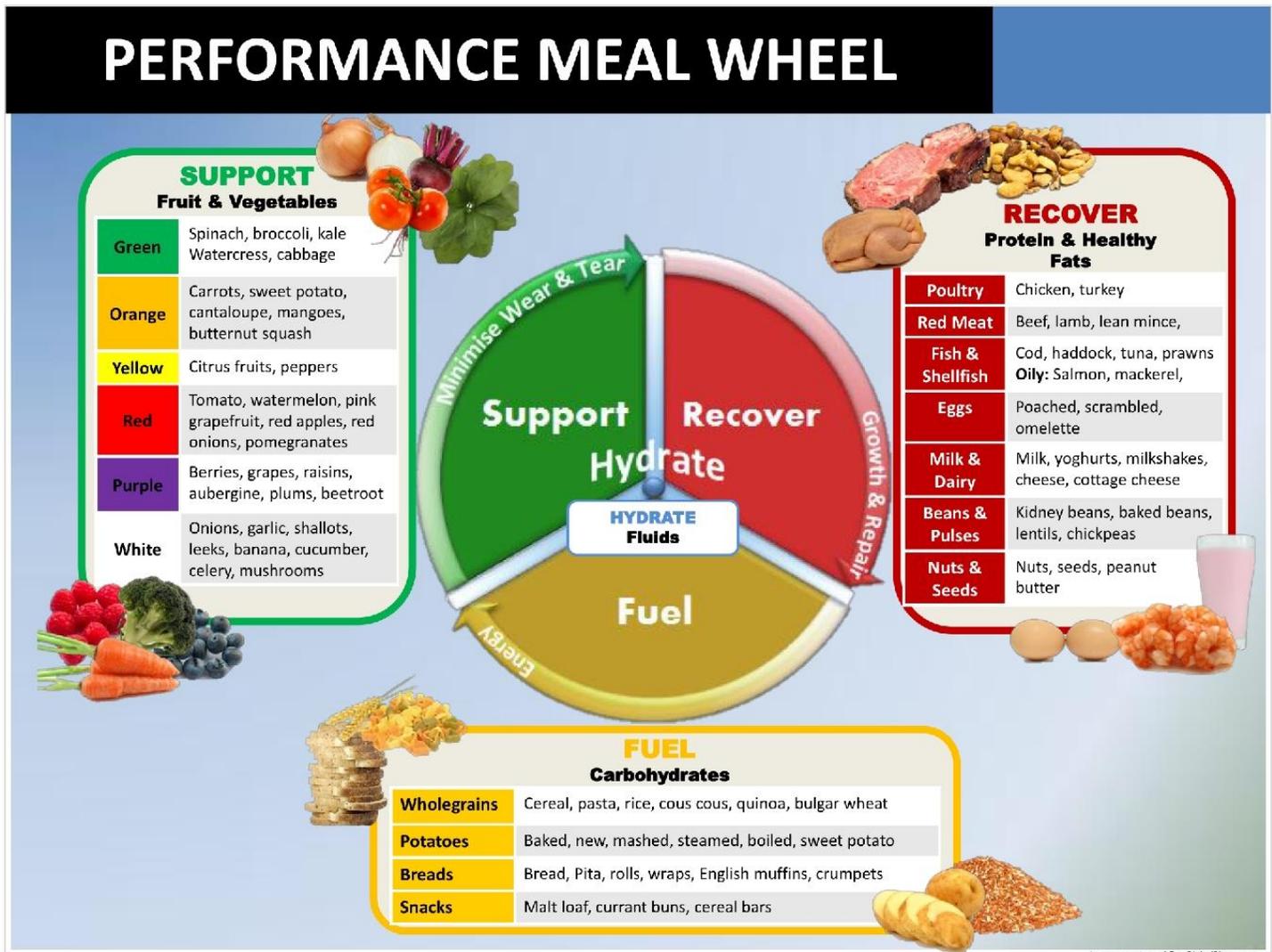


1 - PERFORMANCE MEAL WHEEL



This poster shows a very simple break down of what food types should make up a swimmers plate at dinnertime and lunch box at lunch. The food eaten has four main functions:

- **SUPPORT:** these are all the Fruit & Veg that maintain normal bodily functions and maintain a swimmers general health - try to mix colours.
- **RECOVER:** these are your meats, poultry, dairy and Nuts/Beans that are vital for muscle recovery between training sessions
- **FUEL:** these are the mainstay of the diet to keep the bodies energy levels up in order to perform on a daily basis.
- **HYDRATE:** fluids, fluids and fluids should be consumed with all meals and throughout the day (more info below).

THERE SHOULD BE AN EVEN RATIO OF THE FIRST THREE FOOD TYPES AT ALL MEALS.

2 - DRINK CHOICES

DRINKS

sportswales
chwaraeioncyfwrdd

HYDRATION/ DAY TO DAY



FRUIT/VEG JUICES

(1+ 250ml glass per
day max)



RECOVERY (TRAINING/ COMP)



TO AVOID ALWAYS



Regular fluid intake is vital for day to day health and energy levels but more so important to the athlete. However, it is important to consume to right type of fluids on a day to day basis. Please see the poster attached for ideas. Dehydration can lead to a 10% drop in performance.

- HYDRATION: these are aimed to maintain fluid levels in the body so everything functions correctly and to keep energy levels up (Inc. Water, Squash, Tea)

- SMOOTHIES/FRUIT JUICE: are useful to help ensure you are getting adequate Fruit and Veg daily but should be limited to one glass/carton a day.

- RECOVERY: getting fluids into the system is vital after competition or training and so is ingesting some Protein to kick start your recovery process (Milk/Dairy based fluids are

ideal here that don't contain too much sugar)

- NO GO DRINKS: please see the poster attached for drinks that should be avoided as an athlete AT ALL TIMES as they contain excessive amounts of sugar that have no benefit to performance or recovery.

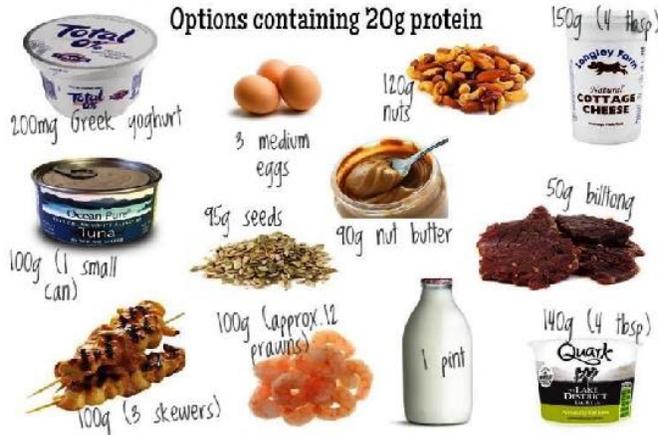
- TRAINING: Fluid consumption during training is vital with its main function to maintain hydration levels as you sweat from working hard. WATER / SQUASH is fine here, Sports Drinks have very little benefit in the training environment as they are made up too strong and can not be absorbed fast enough - stick to WATER/SQUASH.

3 - PROTEIN SNACKS

Top Food Choices: Protein Snacks

SPORTWALES
CHWARTAZAON CYMRU

Options containing 20g protein



DIY protein snacks

Protein & seed bars
(30mins, makes 10)
 85g Nuts, 10g Seeds
 180g Oats, 40g Honey
 1/2 Cinnamon
 20g Coconut oil
 Optional: protein powder*

High protein smoothie/
yoghurt pot
(2 mins, makes 1)
 125ml Total OZ Greek yoghurt
 75ml Skimmed milk
 80g Frozen berries
 Optional: nuts & seeds

Mini omelette bites
(10 mins, makes 6)
 6 Eggs
 2 tbsp skimmed milk
 Small bunch chives
 Filling of choice (e.g. salmon/ ham/ feta/ veg)



*Ensure protein powder is batch tested
<http://www.informed-sport.com/>

Protein consumption (along with some Carbs) is vital after training and competition to kick start the recovery process in order for swimmers to continue to perform at the highest of levels on a daily basis.

The Poster attached gives numerous ideas of High Protein Snacks that should be consumed after training / competition plus some recipes to make your own.

