

Eating for Swimming

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Eating the right foods will help you to perform at your best. What, how much and when you eat will have a big impact on your health, energy and performance.

Before training

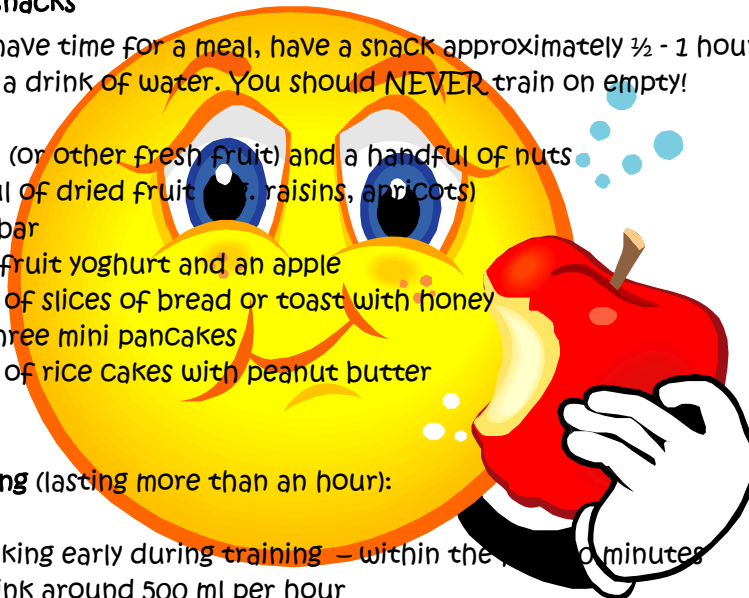
Eat a meal 1–3 hours before training; accompany with a drink of water.

- ✓ Jacket potato with cheese, tuna or baked beans plus salad
- ✓ Pasta with tomato-based sauce or pesto, with vegetables
- ✓ Rice or noodles with chicken, fish or beans
- ✓ Sandwich/roll/ bagel/ wrap filled with tuna, cheese, chicken or peanut butter

Pre-training snacks

If you don't have time for a meal, have a snack approximately $\frac{1}{2}$ - 1 hour before training with a drink of water. You should NEVER train on empty!

- ✓ A banana (or other fresh fruit) and a handful of nuts
- ✓ A handful of dried fruit (eg. raisins, apricots)
- ✓ A cereal bar
- ✓ A pot of fruit yoghurt and an apple
- ✓ A couple of slices of bread or toast with honey
- ✓ Two or three mini pancakes
- ✓ A couple of rice cakes with peanut butter



During training (lasting more than an hour):

- ✓ start drinking early during training – within the first 10 minutes
- ✓ aim to drink around 500 ml per hour
- ✓ drink little and often, ideally every 15 – 20 minutes
- ✓ fruit juice diluted with an equal amount of water
- ✓ squash diluted 1 : 4 with water
- ✓ isotonic sports drink (40 – 60g sugar per 1 litre)

Recovery snacks

Ideally 50 – 60g carbohydrate plus 10 – 20 g protein; within 30 min after training

- ✓ 500 ml flavoured milk
- ✓ One banana plus 500ml of milk
- ✓ 2 pots (2 x 150g) of fruit yoghurt
- ✓ One cereal bar plus 500 ml semi skimmed milk
- ✓ 60g raisins fruit and 50g nuts
- ✓ 4 rice cakes with 20g peanut butter plus 200ml orange juice

For more information and easy healthy recipes: **Sports Nutrition for Young Athletes** by Anita Bean, available from www.amazon.co.uk or book shops.
www.anitabean.co.uk