



## **Sports Nutrition 101 for Swimmers**

### **CARBOHYDRATES**

- 50-55% of diet
- Immediate source of energy for brain and muscles
- Stored in liver & muscle cells
- Examples
  - Oats
  - Sweet, purple, or white potatoes
  - Fruit
  - Rice
  - Quinoa
  - Organic low-fat yogurt
  - Beans/lentils

### **FAT**

- Provides sustained energy for low-intensity exercise and energy storage
- Supports cell functioning
- Allows vitamins A, D, E, and K to be properly absorbed
- Examples
  - Avocado
  - Salmon, cod, tuna, other fish
  - High-quality animal protein
  - Olive, avocado, coconut oils
  - Walnuts, almonds, cashews
  - Chia seeds, sunflower seeds, flax seeds

### **PROTEIN**

- Building block for: skin, hair, nails, muscle, organs
- Best to combine plant and animal sources
- Should be consumed throughout the day in similar quantities
- Examples
  - Organic poultry such as chicken and turkey
  - Organic pasture-raised eggs
  - Grass fed/finished beef
  - Beans/lentils
  - Protein powder and collagen peptides

## Key Concepts for Improved Health and Performance:

1. Skipping meals = hindered performance, sugar cravings, fatigue, decreased mental focus
2. 3 well-balanced meals per day
  - a.  $\frac{1}{4}$  plate protein
  - b.  $\frac{1}{4}$  -  $\frac{1}{2}$  plate vegetables
  - c.  $\frac{1}{4}$  -  $\frac{1}{2}$  plate carbohydrate (depending on training volume)
  - d. 1 serving healthy fat (~1-2 tablespoons)
3. Eat small snacks between main meals to stay fueled throughout the day
4. Make hydration a priority
  - a. WATER (keep water bottle on hand)
  - b. Coconut water
  - c. Recovery shakes
5. Refuel immediately (30-60 min) after a tough practice or a long meet with adequate hydration & nutrition
6. Supplements should be approached with caution and should be NSF Certified for Sport

## Top 3 picks for safe supplements

- **Garden of Life Plant-Based or Grass-fed Whey protein powder:** NSF Certified for sport, organic, clean ingredient protein supplement designed to be consumed 30-60 minutes prior to or immediately following intense physical activity for optimal recovery. **Found on amazon or local grocery**
- **Beet it Shots:** Beet root is a natural vasodilator → allows more oxygen to be delivered to tissues. **Found on Amazon**
  - Suggest one Beet It shot 60 minutes prior to competition, or before shorter training session that requires more quick and explosive movements. Some use the morning of and then again 60 minutes prior to event
  - Find what works for you
  - Portable and do not have to be refrigerated, perfect for traveling
- **CherriBundi:** Tart cherry juice to be consumed post workout or added to smoothies for decreased inflammation. **Found on Amazon and local grocery stores.**

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