



Healthy Snacks

HOW TO FUEL YOUR SWIMMING!

Here's a quick guide to the types of snacks your swimmer needs and when.

[Provided courtesy of Rachel Bartholomew, Nutrition Consultant]



1-4 hrs before training/competition - Your swimmer needs **a balanced meal** containing **slow release** energy foods, protein and fat.



1 hr before training/competition - Your swimmer needs **a snack** containing **medium release** energy foods



Immediately before/during training/competition your swimmer **MAY** need **a drink** containing **fast release** energy but they will **ALWAYS** need water



15-30 mins after training/competition your swimmer needs **a snack** containing **medium/fast release** energy foods and **protein** for recovery and repair

Generally, your swimmer will need a daily food balance consisting of 3 meals and 3 snacks.



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MEALS & SNACKS



HYDRATION
IS KEY



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SO WHAT'S WHAT?

SLOW RELEASE ENERGY FOODS

- WHOLEMEAL BREAD, BAGELS, WHOLEMEAL PITTA BREAD, TORTILLA WRAPS
- WHOLEMEAL PASTA, RICE, BULGAR WHEAT AND COUSCOUS
- WHOLEGRAIN CEREALS, OATS, RYE, WHEAT, SPELT, CORNFLAKES & PUFFED RICE
- FRESH FRUIT AND VEGETABLES
- CEREAL BARS



MEDIUM RELEASE ENERGY FOODS



- FRESH FRUIT (ESP BANANA, GRAPES, MELON, TROPICAL FRUIT)
- DRIED FRUIT
- CEREAL BARS
- FLAPJACKS/BISCUITS
- FRUIT SMOOTHIE (MADE WITH YOGHURT)

FAST RELEASE ENERGY FOODS

- FRUIT JUICE/DILUTED FRUIT JUICE
- DRIED FRUIT
- FRUIT CORDIAL/SUGARY DRINKS/FRUIT SMOOTHIE (MADE WITHOUT YOGHURT)

