

NOVEMBER 2023

Fueling Swim Season: From Practice to Meets

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Program Coordinator: Sports Nutrition



Game Plan

- 1 Daily Nutrition Needs for Swimming
- 2 Eating Around Practice
- 3 Daily Meal Planning
- 4 Fueling Meets



Macros are. . .

Main nutrients the body needs to provide energy and building blocks for tissues.

Includes:

Protein

Carbohydrate

Fat

Water



Protein

Building block for tissues, muscle and enzymes.

High protein foods:

Fish, meat, poultry, tofu, edamame, beans, eggs, dairy, whole grains, protein fortified cereal, nuts, seeds



Carbohydrate

Main energy source for the body, especially in high-intensity activity.

High carb foods:

fruits, pasta, bread, potatoes, rice, quinoa, oatmeal/cereal, crackers, hummus, corn, peas, tortillas, whole grain muffins, pancakes, waffles, sweets

******Cauliflower rice and zucchini noodles are NOT good substitutes for athletes***



Fat

Aids in body temp regulation, hormone production, vitamin absorption, reducing inflammation, and more!

High fat foods:

oils, fatty fish (salmon, tuna, mackerel, herring), nuts, seeds, avocado, coconut, butter, cream, full fat dairy, fatty meats (ribeye, brisket, bacon, sausage)



Sample Plan

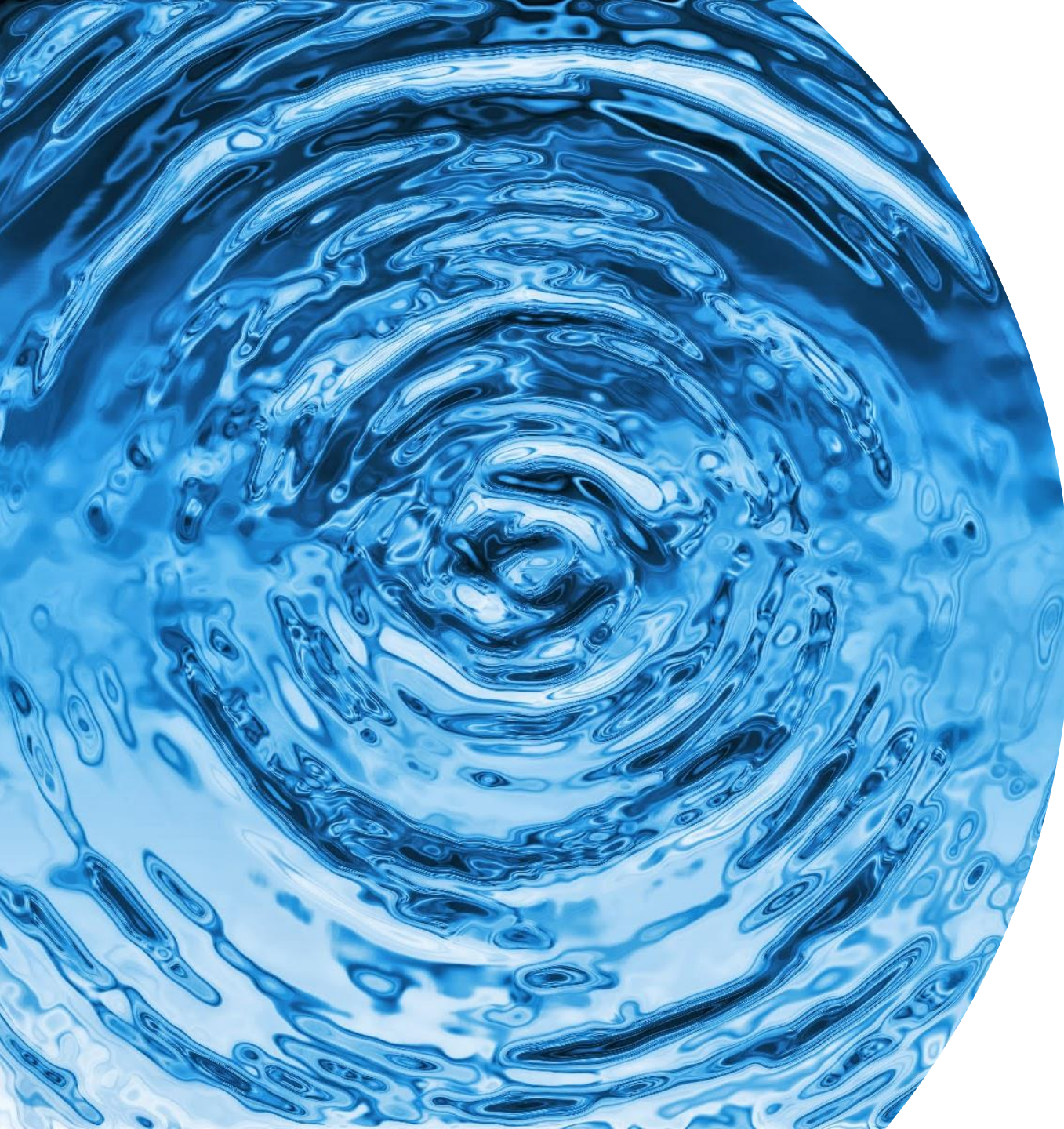
Breakfast: 2 slices whole wheat toast with 2 Tbsp peanut butter and 1 individual Greek yogurt with granola

Lunch: 1 whole wheat tortilla with 3 slices deli turkey, 1 slice cheddar cheese, mayo, mustard, with apples and chips on the side

Pre-prac. snack: 2 banana & 1 string cheese

Dinner: 3oz baked chicken, 2 cup cooked whole wheat spaghetti, alfredo sauce, side salad with dressing, garlic bread

Before bed snack: ¼ cup nuts with bagel and jam



Water

Aids in body temp regulation, nutrient delivery, waste removal, digestion, joint lubrication, cell communication, and cell metabolism.

Best fluids: water, sparkling water, unsweet black/green tea, milk

Limit: black coffee, sports drink (during sport only), sweetened beverages (soda, coffee drinks, sweet teas), juice

Avoid: energy drinks (Monster, 5-hour energy, etc.)

AM I HYDRATED?

Urine Color Chart

1		
2		If your urine matches the colors 1, 2, or 3, you are properly hydrated.
3		Continue to consume fluids at the recommended amounts.
4		If your urine color is below the RED line, you are
5		DEHYDRATED and at risk for cramping and/or a health illness!!
6		YOU NEED TO DRINK MORE WATER!
7		
8		

Water

How much do swimmers need?

Minimum, half of your body weight in ounces on days you don't exercise!

100lbs = 50 ounces

120lbs = 60 ounces

140lbs = 70 ounces

160lbs = 80 ounces

180lbs = 90 ounces

+15-30oz more per hour of practice

Meal Planning

Plan 3 meals and 2+ snacks daily

Sample 1:

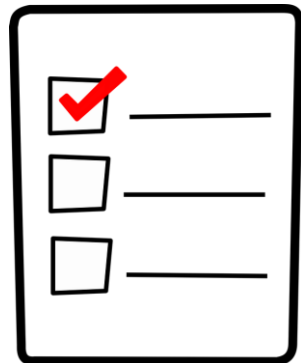
7am Breakfast

11-12p Lunch

3p Pre-practice Snack

5:30p Dinner

7:30p Bedtime Snack



Sample 2:

7am Breakfast

11-12p Lunch

3p Pre-practice Snack

5:30p Post-practice Snack

7p Dinner

9p Bedtime Snack

Sample 3:

10am Breakfast

1p Lunch

3p Snack

5:30p Snack

7-8p Dinner

Athlete's Plate: Moderate Training (1 hr exercise/day)



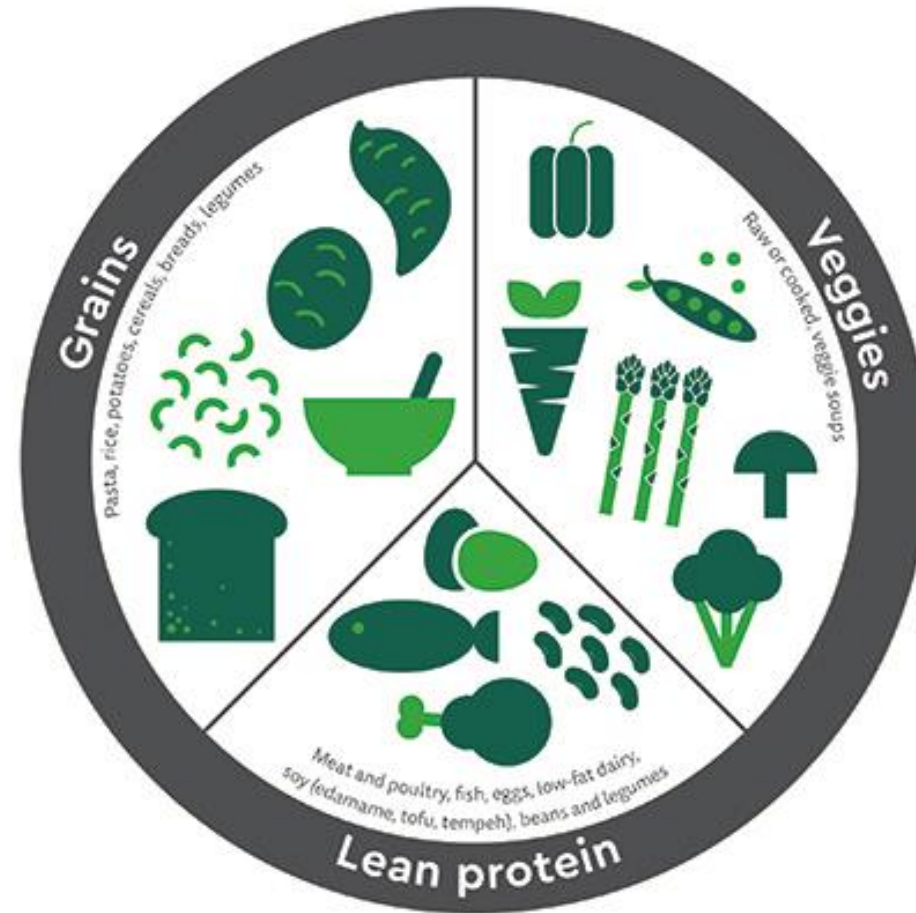
1 tablespoon of fats

- Nuts and butters
- Avocado
- Oils
- Seeds
- Spreads (mayo, cream cheese)
- High-fat dairy products



Fruit

- Fresh
- Stewed
- Dried



Drinks

- Water
- Milk
- Diluted juice



Flavor ideas

- Salt and pepper
- Herbs
- Spices
- Vinegar
- Salsa
- Ketchup
- Mustard

Protein,
carbohydrate,
and color!

Athlete's Plate: Hard Training (2 hr exercise/day)



2 tablespoons of fats

- Nuts and butters
- Avocado
- Oils
- Seeds
- Spreads (mayo, cream cheese)
- High-fat dairy products



Drinks

- Water
- Milk
- Diluted juice
- Sports drinks



Flavor ideas

- Salt and pepper
- Herbs
- Spices
- Vinegar
- Salsa
- Ketchup
- Mustard

Eating Around Practice



Pre-Practice

WHY:

- Glucose “top-off”
- Hydration

WHEN:

- 1 hours pre practice snack
- 2-3 hours pre-meet meal: to accommodate a larger meal’s digestion



Pre-Practice

Don't skip on the carbs at lunch!

- 1 cup rice
- Sandwich with fruit
- A large potato
- 2 cups cereal

Fluid:

- 10oz 4hr pre-practice/game
- 6-8oz 2hr pre-practice/game
- 4-6oz sports drink during warm-ups pre-competition



Pre-Practice

Choose for Meal:

- Spaghetti with meat sauce with broccoli on the side
- chicken and potato with small side
- wrap with baked chips & fruit
- pancakes and eggs
- PBJ sandwich with fruit and yogurt
- turkey sandwich with baked chips & fruit
- snack box with jerky, hummus, crackers, fruit and nuts

Choose for Snack:

- Granola bar
- Fruit
- crackers and cheese
- individual flavored yogurt
- glass of milk
- PBJ on white bread



Practice Fuel

Why?

- Glucose (aka sugar aka carbohydrate): fastest metabolized fuel for quick bursts
- Prevent carb depletion (endurance)
- Maintain hydration

How Much?

- 30-60g carb/hr for practices 1.5 hours or longer
- Sports drink, fruit, gummies, crackers, granola

Muscle Absorption After Exercise

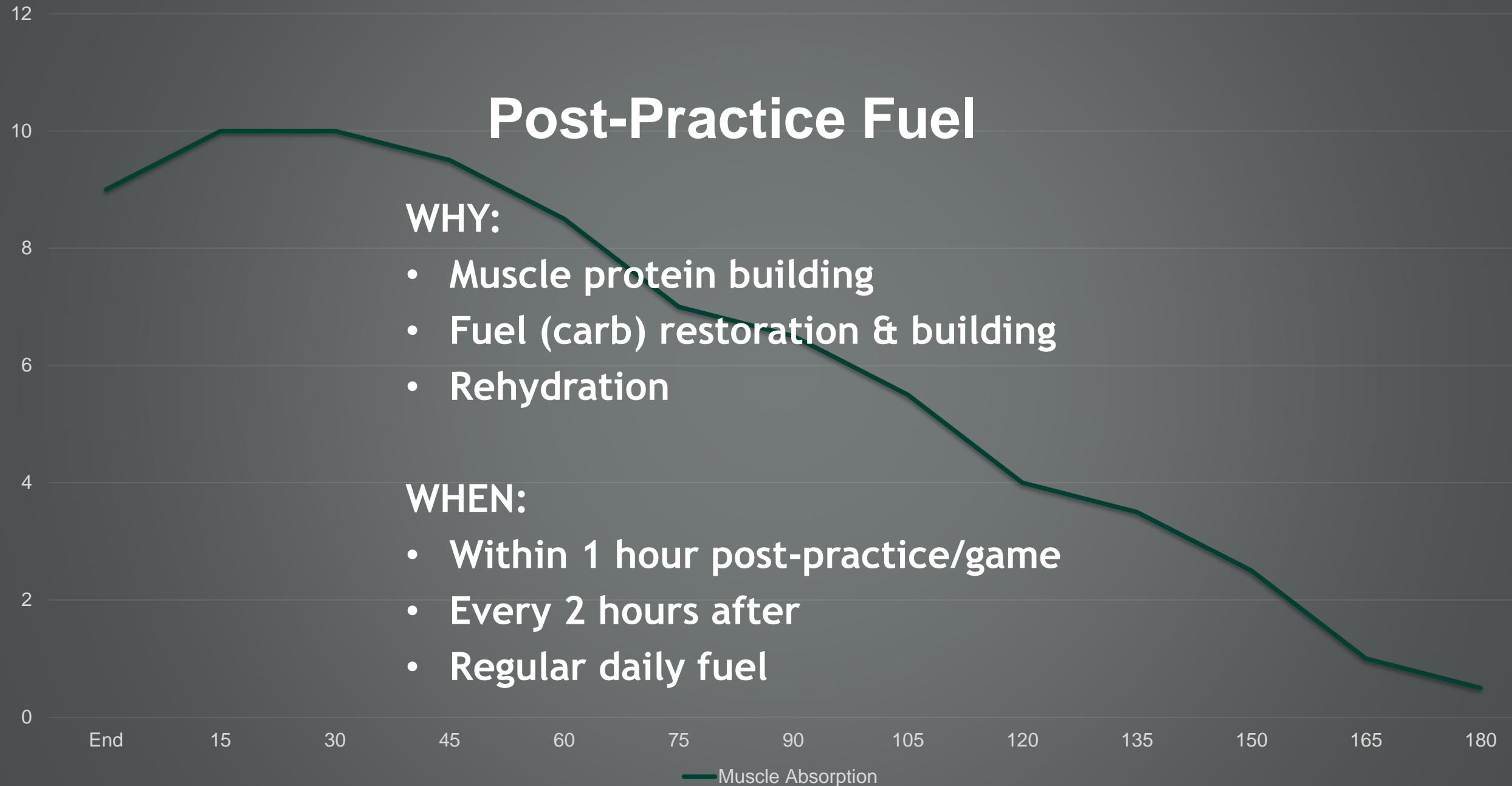
Post-Practice Fuel

WHY:

- Muscle protein building
- Fuel (carb) restoration & building
- Rehydration

WHEN:

- Within 1 hour post-practice/game
- Every 2 hours after
- Regular daily fuel





Post-Practice Fuel

How Much?

- Can be a meal OR snack
- 15-20g protein and 30-60g carb minimum
- Hydration: add 16-20oz per pound lost
- Eat a bedtime snack with protein and carb too, especially if hungry

Examples:

- 2 cups lowfat chocolate milk: 16g protein, 60g carb
- Turkey sandwich with banana: 20-25g protein, 60g carb
- Salmon, rice and fruit salsa meal

Meet Nutrition



Things to Consider

Timing of your events

Length of meet

Foods you tolerate best

Usual meal and snack times

Goals

Start fueled and stay fueled

Eat meals normally

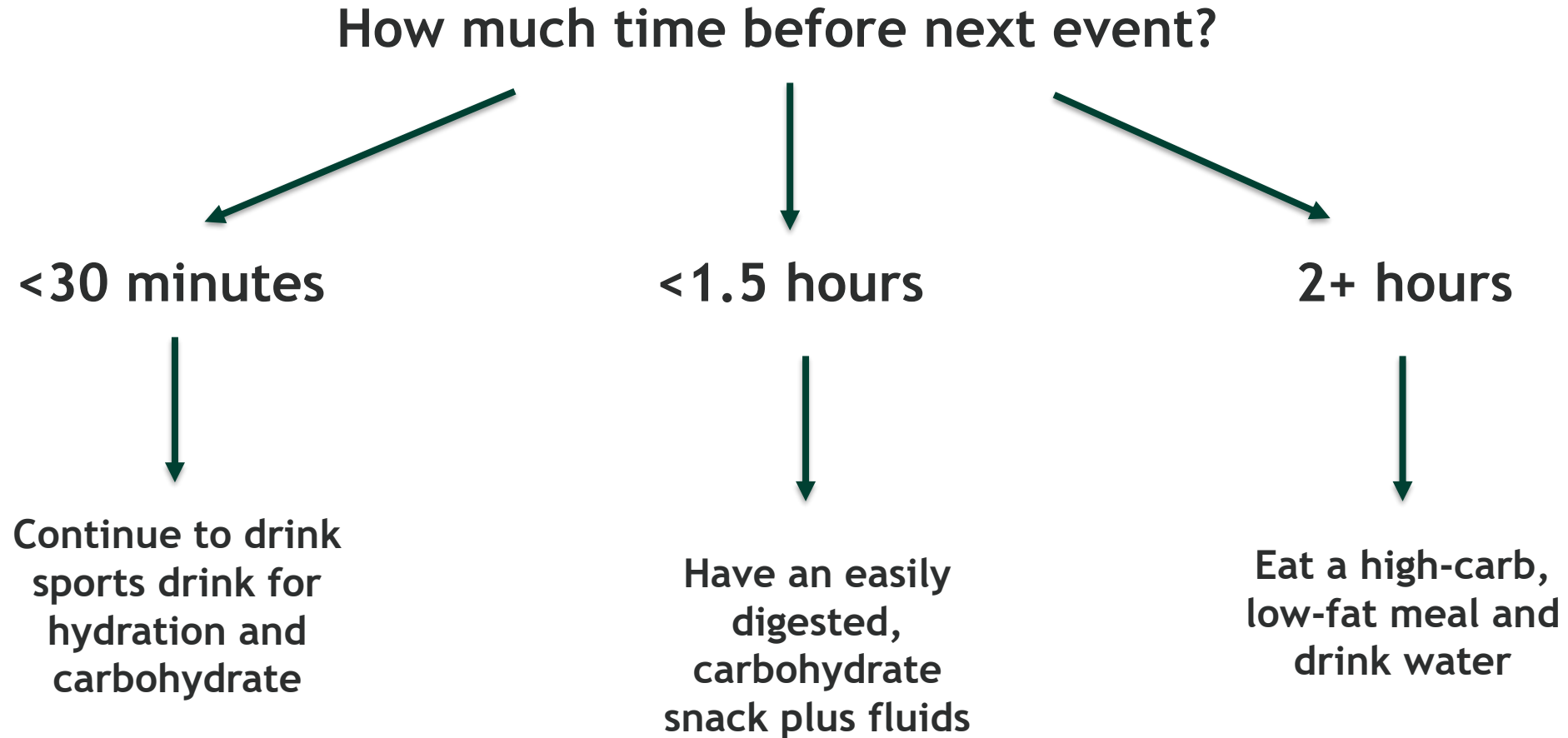
Drink regularly

Plan snacks based on timing of events



PLANNING

Fuel Decision Tree



Digestible Carbohydrates



Snack choices: goldfish crackers, PB crackers, chocolate milk, bananas, grapes, oranges, granola bars

Add protein if your stomach tolerates: string cheese, milk, deli meat, jerky, eggs, protein shake

Meal Choices: salmon and potatoes, chicken and rice, spaghetti with small side salad, white bread/rolls, sushi, burrito bowl without beans, turkey sandwich and dried fruit

Poor Meal Choices: fast food burgers, French fries, nachos, chili dog, large salad





Recovery

Eat within 1 hour

- Choose both protein and carbohydrate
- Can be a meal or a snack if you're travelling
- If using a protein shake, make sure it has carb or add fruit on the side.
- Refer to post-practice meal recommendations

Eat every 2-3 hours after

- Choose snacks with carb and protein

Rehydrate with water

- Keep your water bottle with you
- Continuously sip on fluids

Summary

Daily Nutrition

- Eat three meals and 2+ snacks daily with carb, protein and color
- Eat 3-5 servings of fruit and veggies daily (1 serving is 1 piece or 1 cup)
- Drink water throughout the day

Maximal Recovery

- Have a high carb snack before competition/practices
- Drink sports drink during practices longer than 1.5 hours and water if shorter
- Have a recovery meal with protein AND carb within an hour of practice or games

Questions???

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Scheduling: 720-777-3899

What you eat
before a workout
fuels TODAY.
What you eat
after fuels
TOMORROW

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