

An aerial view of a swimming pool with several lanes. A swimmer is visible in the top lane. The pool is divided by dark blue lane lines, and each lane has a colorful floating lane line. The water is clear and blue.

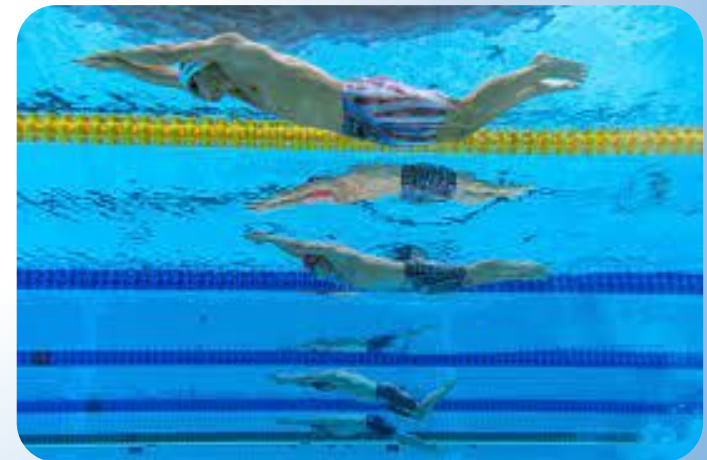
# Nutritious Swimmer Snacks

Coach Kara Guenther- LAC



# Food is Fuel!

- At swim meets, athletes will be expending a different kind of energy. Our goal is to have them properly fueled to be ready to swim fast.
- The type of fuel can change with intensity and length of a swim meet
- Some swim meets last many hours, so snacks are necessary



# Food is Fuel!

- Balancing carbs, proteins, and healthy fats is key
  - Many times, athletes eat too many carbs
- Make sure the athletes enjoy these snacks before race day. Introducing new foods could upset the stomach
- Try to limit candies, fried foods, and heavy meals at swim meets and before practice



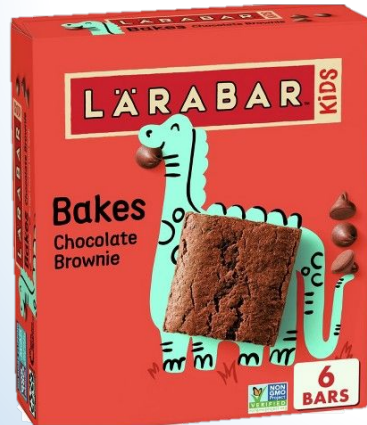
# Carbohydrates

- Carbohydrates are a fast fuel
- These are the best way to get a fast burst of energy because the body absorbs carbohydrates faster than proteins and fats
- Simple carbohydrates will go through the body faster. These include:
  - Cookies/Candy
  - White bread
  - Fruit snacks
  - Gatorade
- Complex carbohydrates can fuel the body fast, but for a longer time. These include:
  - Fruits
  - Vegetables
  - Nuts
  - Whole grains



# Complex Carbohydrate Snacks

- Fruits: Apples, berries, bananas
- Vegetables: Carrots, kimchi, snap peas, broccoli, bok choy
- Grains: Oatmeal, brown rice, Bobo bars, Lara Bars, Anne's Cheddar bunnies, homemade granola bars



Homemade granola bars:  
<https://therealfooddietitians.com/5-ingredient-peanut-butter-granola-bars/#tasty-recipes-9791>



Each box is about \$4- found at Walmart, Target, and Kroger

# Protein

- Protein is our muscle building and recovery friend
- As athletes, it is essential that they are getting enough protein
- Not only does it keep you full, but it also helps boost metabolism and strengthen your immune system
- Having protein throughout the day can help decrease snacking and will give energy throughout the day
- The amount of protein needed will vary from person to person



# Healthy Proteins

- Meat, dairy, tofu, soba noodles, nuts, clean protein drinks, nut butters, beans, eggs, seaweed
- The best rule of thumb is trying to avoid processed foods
- Below are quick, easy snacks to add protein to your diet



Walmart: 4 pack for \$8



Add plain greek yogurt, natural nut butters, or tofu to add protein to smoothies

<https://www.gimmeso.meoven.com/no-bake-energy-bites/>





# Fats

- Fats have had a negative connotation to them for a long time
- Before practice and during swim meets, fats will help supplement energy for a longer time. The body breaks down fats slower than proteins and carbs
- Healthy fats in the morning with breakfast can be more beneficial than late at night when the body isn't moving around
- Fats also provide the body with essential nutrients and keep you full
- Good fats can also keep the heart healthy and balance out cholesterol levels



# Healthy Fat Foods

- The key is to avoid “bad” fats and eat more “good” fats
  - “What does that mean?”
- “Bad” fats are fried foods, margarine, lard, processed whipped cream, and most store-bought dressings/cream sauces
- “Good” fats are avocados, coconut, fish, chia seeds, walnuts and olive oil, sesame oil



Homemade guacamole



~\$6 at Whole Foods and Sprouts



Add chia seeds into yogurt, smoothies or overnight oats

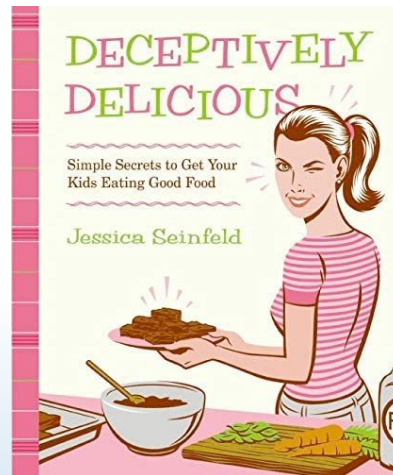
# Snacks to bring to swim meets





# “My child is picky”

- People have gotten so creative with finding recipes to sneak in healthy foods into your child’s favorite foods
- Jessica Seinfeld has a cookbook called “Deceptively Delicious” that has a lot of great ideas to incorporate more nutrients into everyday meals
- Examples: adding navy beans or chickpeas to macaroni and cheese, or adding squash puree into blueberry muffins
- Picky eaters are a tough nut to crack, but kids still need nutritious food



# Hydration

- Be sure that your athlete is staying hydrated
- Hydration is important for joint health, delivering nutrients to cells and improves sleep
- Try to limit regular Gatorade and fruit juice cocktail for the sugar content
- Swap out for water, coconut water, or low sugar electrolyte drinks





# Summary

- “Everything in moderation” is truly the best advice
- Healthy eating doesn’t mean that you cannot have ice cream, McDonalds, or candy. Healthy eating is a balance of the “good” and “bad” food
- Introducing healthier options will benefit the athletes, and having some candies and cookies on hand will not hurt their progress

