



Performance Foods for Swimmers

Proper nutrition is necessary for swimmer's to enhance performance, aid recovery, and to sustain overall bodily health. Swimmers need to eat foods that are high in good carbohydrates and calories to adequately fuel their bodies for both training and competition, regardless of age. Foods rich in protein, healthy fats, omega-3 fatty acids, minerals, vitamins, water, and electrolytes replacing drinks or powders. are key components for supporting a swimmer's physical and mental well-being. (Sources: www.swimcompetitive.com, www.rocketswimming.com, www.swimmerliving.com, www.speedo.com)

- **OATMEAL:** Is the most healthy carbohydrate, also high in protein, **excellent for recovery**



- **BEETS:** improves physical performance in **VO2 Max** (Oxygen Uptake) & **endurance**



- **BANANAS:** Is a healthy carbohydrate, contains an important electrolyte that is commonly believed to **relieve muscle cramping.**



- **SWEET POTATOES:** Is a healthy carbohydrate that includes minerals such as potassium, iron, and manganese that is extremely **important in muscular performance.**



- **MILK:** You will often hear me saying, “drink chocolate milk , immediately after a practice or a meet session”. My boys drank 250ml of LOW FAT chocolate milk after every practice. **Here is why:** Milk is a carbohydrate and protein combination food. Research has shown that consuming carbohydrates and protein together is **more efficient at repairing muscle tissue** that consuming them separately. Drinking milk after practice or competition speeds up the muscle repair process. *(soy, almond, and rice milk are excellent substitutes)*



- **WHEY:** This is a protein that includes all the important amino acids our bodies require post workout or competition or the **rebuilding and recovery of muscle tissue often added to milk as a shake.**



- **CHAI SEEDS:** These are high in Omega-3 and aid in the **absorption of nutrients into the muscles** as well as help an athlete **remain hydrated for a longer period of time.** Chai seeds can be added to baking, protein shakes, and cereal.



- **EGGS & QUINOA:** Both provide protein, great as a snack at a meet or after a practice necessary for **repairing and building muscle.**



- **SALMON & TUNA:** High in protein and vitamins, Salmon helps **quicken the recovery time** after pool and dryland workouts.



- **CHICKPEAS:** A high source of protein and good carbohydrates, chickpeas are great for swimmers because it **helps keep them fueled** during a competition.



- **FRUITS:** Apples, grapes, oranges, strawberries, raspberries, blueberries, blackberries, cranberries, all offer vitamins and anti-oxidants to **maintain overall health and fuel the body.**



- **ALMONDS, WALNUTS, CASHEWS, BEANS & LENTILS:** These are full of fiber and vitamins that **helps to boost high energy levels.**



- **AVOCADO:** A healthy fat that **helps maintain energy levels.**



- **SPINACH:** Just like Popeye, spinach benefits the swimmer like beets in aid of oxygen transport to the muscles which helps **increase muscular endurance.**

