



Nutrition for Swimming

Top tips for fuelling training and
competition

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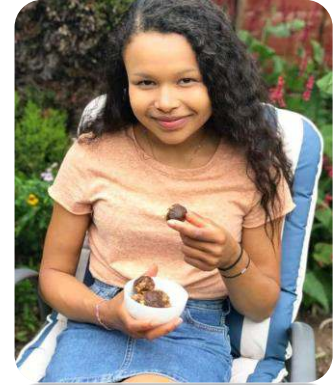
Outline

- Introduction
- Energy - how much? Where from? Everyday vs race day
- Top tips - from nutrition to real food
- Demo – homemade snack bars and snacking on the go
- Q&A



Introduction

- Nutrition Consultant for British Swimming - 2 years' experience working with Loughborough NC Swimmers
- Run a weekly Breakfast Club for the swimmers - used as an educational experience as well as post-swim recovery
- Self-employed Nutritional Advisor and Recipe Developer
- Studying to become a certified sport nutritionist



ENERGY

Energy for swimming – The Stats

- Calorie requirements for children aged <14yrs = 2000kcal/day . Beyond this, requirements increase by different amounts for males and females through adolescence
- Swim training can place an additional energy demand of ~2400kcal/day *at the elite level*
- To maintain weight, young athletes need to eat to meet the combined energy requirements for growth + energy demands of training
- Recommendations: 45-65% energy from carbohydrate, 25-35% energy from fat, **<30% energy from protein**

Sources of energy for swimming

- Swim training demands a lot of energy, so it's important to eat enough to support your training. But don't forget, the quality of what you eat is important too!
- Eating healthy snacks before and after training can help maintain energy stores
- Consume a meal that is rich in carbohydrate and protein (and contains plenty of veggies!) within 90 minutes of finishing training



YOUR TURN!

What do you eat before and after training?

YOUR TURN!

What do you eat on competition day?

Sources of energy for competition

- A carbohydrate-rich breakfast is key for topping up energy. Options include: porridge, bircher muesli, wholemeal toast, low-sugar cereals, smoothies or fruit juices etc.
- Eating a light snack after the warm-up and heats can top up energy levels to last you through the morning
- Eat a lunch that is high in carbohydrate and low in fat to refuel for the afternoon session. Good options include: a jacket potato and tuna, a chicken salad wrap, or sushi
- Refuel with a larger evening meal consisting of high quality protein, carbohydrate, a source of fat, and plenty of salad or vegetables



Top Tips - Meals

- Make a balanced meal - every meal should contain a source of protein, carbohydrate and healthy fat (dairy, nuts, seeds, olive oil etc.)
- Eat a varied diet - try to change what you eat on a daily basis to get a range of nutrients
- Eat at least one portion of fruit, salad or vegetables with every meal
- Pre-training meals should be high in carbohydrate and relatively low in fat to boost your energy levels. Post-training meals should be high in carbohydrate and protein to help with recovery



Top Tips - Snacks

- Eat a high-carbohydrate, low-fat snack before training
- Eat a snack that is high in carbohydrate and contains some protein after training to help you recover
- Snack on competition day to keep energy levels topped up - choose light, high carbohydrate, low-fat/low-fibre options
- Stay hydrated - water or squash is sufficient. Milk drinks, smoothies and fruit juice all count towards fluid intake and help meet energy requirements



Options

Breakfast



Options

Lunch



Options

Dinner



Options

Snacks



More snack options

Pre-swim

Post-swim

*Peanut butter
and banana on
wholemeal toast*

*Fresh or
dried fruit*

*Granola bars
or flapjacks*

Energy balls

Jelly pots

*Rice pudding with
nuts and raisins*

*Oat/rice cakes
and peanut butter*

*Homemade
snacks
Cereal with milk
and fruit*

*Trail mix
Smoothies*

Sushi snack pack

*Greek yoghurt
and berries*

Low-fat flavoured milk

*Cheese and
rye crackers*

*Houmous and
veggie sticks*

DEMO

Here is one of our top Breakfast Club snacks!

This is a simple and nutritious snack that you can enjoy before or after training

Take home messages

- Make sure you eat enough to fuel your training and everyday activity
- Consume regular balanced meals, with some nutritious snacks to maintain energy levels across the day
- Stay hydrated by drinking plenty of water or squash
- Vary your diet as much as possible to get the largest range of nutrients
- Parents - get your children into the kitchen!

References

- *We Do Science Podcast – Episode 116, Nutritional Considerations for the Young Athlete*
- *'Young Athlete' section of Anita Bean (registered sports nutritionist) website*
- *Nutritional Considerations for Performance in Young Athletes - Smith, Holmes and McAllister., 2015*

Contact

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Nutrition resources, recipe guides and consultations available upon request

