

Good Grub Guide

BETWEEN EVENTS

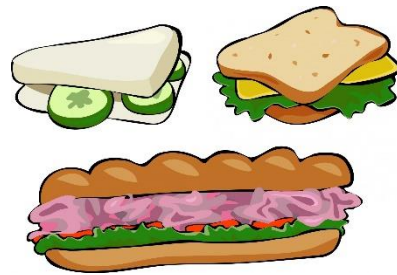
Less than 1 hour to go

- DRINKS!
- Possibly bananas/raisins
- Energy/Nutri Grain bars
- Plain biscuits
- Rice cakes
- Fruit winders

AFTER THE EVENT

Or 2-4 hours to go!

- Sandwiches/rolls/Pitta
- Currant Buns/teacakes
- Bagels/muffins/crumpets
- Scones/scotch pancakes
- toast/toasted sandwiches
- Cereal/rusks
- Popcorn
- Tinned/Dried Fruit
- Low fat rice pudding
- Pasta with tomato based sauce
- Jacket potato
- Rice with low fat sauce



It is sometimes heard said by parents of swimmers that their child:
'Never Stops Eating'
and the only time they are not eating is when they are asleep.

Yes, swimmers need a lot of fuel in order to be able to train and compete at the level required but they should not be eating continuously. It is essential to get the right balance.

"Next to talent and appropriate training a high carbohydrate diet is the most important element in the formula for success in sport."

Prof. Clyde Williams, Sports Nutritionist, University of Loughborough

Younger, developing swimmers also need to maintain a good level of other foods containing proteins, calcium and fats in order to continue growing at an acceptable rate as they will be burning more calories than other children who do not take regular intensive exercise.

PRINCIPLE FUNCTIONS OF DIETARY COMPONENTS

Component	Function
Carbohydrate Fat	Provides energy for body to function and be physically active
Protein	Growth, maintenance and repair of body tissues
Vitamins and minerals	Control body processes
Water	Facilitates body processes
Fibre	For gut function

A swimmers Practical Guide

- | | |
|---|--------|
| 1. Do you base every meal or snack around a carbohydrate rich food? | Yes/No |
| 2. Do you make carbohydrate the main item on your plate? | Yes/No |
| 3. Is the bread you eat thickly sliced? | Yes/No |
| 4. Do you add extra fruit or yogurt to breakfast cereals? | Yes/No |
| 5. Do you add jam/honey/banana/fruit spread to toast/bread? | Yes/No |

THE KITCHEN CUPBOARD

Cereals - especially whole-grain varieties
Bread - Pitta, muffins, crumpets, bagels, naan, chapattis, malt loaf, fruit loaf
Pasta, Rice and Noodles
Potatoes
Sweetcorn and Popcorn
Beans - baked, kidney, butter
Peas and chickpeas
Lentils and pulses
Plain biscuits, cakes and buns
Root vegetables - carrots, parsnips, swedes
Crisp breads, water biscuits, rice cakes and oatcakes



THE FRIDGE

Puddings - crumble, jelly, rice pudding
Fruit - fresh, dried, tinned
Yoghurt
Jam, Honey
Sweets - Jelly babies
Drinks - Fruit juice, squash



THE KIT BAG

Drinks 50/50 orange juice and water with a pinch of salt
Fruit - fresh or dried
Nutri Grain or Frusli bars
Rice Krispie or cereal bars
Jaffa cakes
Fruit winders
Yo-Yo bears
Yoghurt covered fruit pieces



PREPARING FOR A COMPETITION

Breakfasts A good bowl of cereal with added dried fruit or sliced banana and low fat milk
Toast (go easy on the butter/margarine!) with Jam or Honey

Main Meals Proteins and fats can be reduced and replaced with more carbohydrates
More beans on the toast but no butter or margarine
Extra potato but less meat
Have a thick-based pizza instead of a thin-based one with extra ham, tuna etc. but less cheese
Drink more juice, squash or sports drinks with your meal for additional carbohydrate without the fat

Snacks Dried fruit, popcorn, cereal, bagels, bananas

THE NIGHT BEFORE THE BIG DAY

Rice or Pasta with low fat sauce
Noodles (Chow Mein)
Jacket potato with low fat filling
Deep Pan Pizza with low fat topping
Beans/Spaghetti hoops on toast
Chunky bean/vegetable based soup and sandwiches
Breakfast cereal and toast
Potato dish with little meat or fish



BEFORE THE EVENT

Cereal with low fat milk
Porridge with syrup and raisins
Toast with honey or jam
Banana or jam sandwiches
Muffins/crumpets/pancakes with jam/honey/syrup
Beans/Spaghetti hoops on toast
Pasta with tomato based sauce
Jacket potato with low fat filling



