

## Nutrition and Building a Healthy Swimmer/Athlete

1. **Protein** -- Helps build and maintain muscle, which can lead to better performance.
2. **Complex Carbohydrates** -- Provide a controlled release of energy throughout the day, which is important for athletic performance.
3. **Fats** -- Provides energy, essential fatty acids, and helps the body absorb fat-soluble vitamins. energetic function that plays an important immunological role.
4. **Iron** -- Red meat contains heme iron, which is more easily absorbed than plant sources, so eating small portions of red meat regularly can help meet iron needs.  
Vegetarian/Vegan iron rich options:
  - tofu
  - legumes (lentils, dried peas and beans)
  - wholegrain cereals (in particular, iron-fortified breakfast cereals)
  - green vegetables such as broccoli, spinach or Asian greens
  - nuts, especially cashews
  - dried fruits such as apricots
  - eggs
  - seeds such as sunflower seeds or products such as tahini
5. **Minerals** -- Heavy exercise can affect the body's supply of sodium, potassium, iron, and calcium.
6. **Vitamin D** -- Helps maintain strong bones and muscles, and a healthy immune system.
7. **Hydration** -- Water is essential before, during, and after competition, and is vital for recovery.

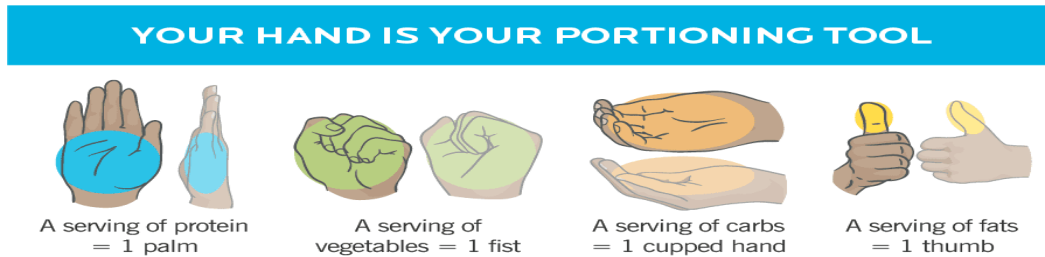
Other nutrients that are important for athletes include calcium and fiber, as well as vitamins A and C. Athletes should also avoid junk food, which is an empty source of calories, and focus on lean meats, whole grains, fruits, and vegetables.

**Include a wide variety of fruits and vegetables that provide important vitamins, minerals, and phytonutrients.** Prioritize whole grains over refined grains, making at least half the grains you eat whole. Include a variety of lean proteins such as chicken, pork, fish, turkey, eggs, soy products, and meat alternatives.

**Optimal Energy Levels:** The right balance of macronutrients (carbohydrates, proteins, fats) ensures athletes have enough energy for training and competition. Balance can give you a slow release of energy throughout the day.

**Enhanced Recovery:** Proper nutrition aids in muscle recovery, reducing the risk of injuries and improving overall performance during subsequent workouts.

You don't need to count calories or macros to get the right portions, instead use your hand. Hands are portable, hands are a consistent size and hands are proportional to each individual.



## What should I Eat?

<https://assets.precisionnutrition.com/2019/02/what-should-i-eat-infographic-tablet-1.pdf>

### Athlete's Grocery List

<p><b>PROTEIN</b></p> <ul style="list-style-type: none"> <li>• Hard-boiled eggs</li> <li>• Turkey or beef jerky</li> <li>• Core Power Shake</li> <li>• Cottage cheese</li> <li>• Greek yogurt</li> <li>• Pea or whey protein</li> <li>• String cheese</li> <li>• Tuna/salmon/chicken pouches</li> <li>• Protein oats</li> </ul>	<p><b>CARBOHYDRATE</b></p> <ul style="list-style-type: none"> <li>• Pretzels</li> <li>• Fruit</li> <li>• Tart cherry juice</li> <li>• Potatoes</li> <li>• Applesauce packet</li> <li>• Oats &amp; rice</li> <li>• Bagel + honey</li> <li>• Rice cake + jam</li> <li>• Whole-grain bagel/toast/waffle</li> </ul>
<p><b>HEALTHY FATS</b></p> <ul style="list-style-type: none"> <li>• Nuts &amp; seeds</li> <li>• Nut butter</li> <li>• Chia &amp; Flax</li> <li>• Trail mix</li> <li>• Tuna &amp; sardines</li> <li>• Avocado/guac pack</li> </ul>	<p><b>HYDRATION</b></p> <ul style="list-style-type: none"> <li>• LMNT packets</li> <li>• Drip drop</li> <li>• Sports drink</li> <li>• Bottled water</li> <li>• Chocolate milk</li> <li>• Body Armor</li> </ul>

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## The Hungry Swimmer: Balanced Breakfast Ideas

<https://swimswam.com/the-hungry-swimmer-balanced-breakfast-ideas/>

Nutritional needs in the professional practice of swimming: a review

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5772075/>

Dietetic objectives of the different macronutrients according to the type of training performed in swimming.

[https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5772075/table/JENB\\_2017\\_v21n4\\_1\\_T1/?report=objectonly](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5772075/table/JENB_2017_v21n4_1_T1/?report=objectonly)

# Daily Dragon Journal

<u>Breakfast</u> Fuel ** Protein Carbs Fats		<u>Notes</u>
Snacks		<u>Notes</u>
<u>Lunch</u> Fuel ** Protein Carbs Fats		<u>Notes</u>
Snacks		<u>Notes</u>
<u>Dinner</u> Fuel ** Protein Carbs Fats		<u>Notes</u>
Snacks		<u>Notes</u>

**\*\*Calories = Fuel = Energy.** A calorie is a unit of energy that measures how much energy food or drink provides the body. The body needs calories to function properly.