

## **MARKET HARBOROUGH SWIMMING CLUB- NUTRITION ADVICE FOR COMPETITIONS AND GALA'S**

### **THE MORNING OF THE EVENT**

- Don't swim on empty. Even if you feel nervous, make breakfast happen. Stick to easily digested foods – cereal with milk, porridge, banana with yoghurt, some fruit or toast with jam.
- If you're really struggling, try liquid meals such as milkshakes, yoghurt drinks or a smoothie.
- It's a good idea to rehearse your competition meal routine in training so you know exactly what agrees with you.

### **SNACKS BETWEEN HEATS**

- Try to eat as soon as possible after your swim to give yourself as long as possible to recover if you have to swim again.
- High fat and simple sugar foods will do you no favours in competition
- If you can't stomach anything solid try sports drinks, flavoured milk or diluted juice that will help replenish your energy supplies and assist the recovery of aching muscles.
- The list below offers great food options to be snacking on in and around training for a competition. Remember to keep eating healthy foods from your regular diet though, such as fresh vegetables, nuts and fruits.

#### **Here are some more you can try**

- Water, diluted fruit juice with a pinch of salt or a sports drink or Smoothies.
- Pasta salad. Plain sandwiches e.g. chicken, tuna, cheese with salad, banana, peanut butter
- Bananas, grapes, apples, plums, pears
- Dried fruit e.g. raisins, apricots, mango. Vegetable Crudités, e.g. carrot, cucumber.
- Crackers and rice cakes with bananas and/or honey
- Mini-pancakes, fruit buns
- Cereal bars, fruit bars, sesame snaps
- Yoghurt and yoghurt drinks
- Small bags of unsalted nuts e.g. peanuts, cashews, almonds.
- One small pack of jellied sweets i.e. Randoms, Jelly Babies etc (these should be your last choice of snacks).

#### **AVOID THESE FOODS-**

**CRISPS, FIZZY DRINKS, LARGE BAGS OF SWEETS, CHIPS, SAUSAGE ROLLS (JUNK FOODS!!!!!!)**

