

# Parent Pause

DC Wave Swim Team

November 2, 2010

## Nutrition for Your Swimmer

Welcome to NOVEMBER! We are officially in full swing with the 2010 - 2011 Swim Season. Earlier this season Don Brazelton and I hosted a New Parent Orientation. Many of the "returning parents" kept asking me "What did you all talk about?" - "Why couldn't we come?" so I figured I'd share just a little bit of the info shared with the new parents.

Nutrition is always on the mind of parents and USA Swimming ([www.usaswimming.org](http://www.usaswimming.org)) has two great articles about nutrition for your swimmer in the parent section of their website.

This particular article that I am sharing addresses nutrition before and during swim meets. I have worked on the deck and witnessed some very interesting pre-meet meals. The most interesting meal I've ever seen was a hot dog w/ bun, a bag of Doritos, and a mountain dew - not a good combination! Here is my disclaimer: I thought this particular swimmer had already finished his events and to my surprise he was preparing for warm-ups and hadn't yet swam. To avoid any other bad combinations I am sharing an excellent article written by Mike Mejia, a special correspondent with USA Swimming. This article assisted me with what to feed my swimmer prior to a meet and what to pack for her to snack on during a meet. Remember swimmers need fuel (food) to generate energy. Don't allow your swimmer to eat the wrong foods and don't allow them to starve themselves. Nutrition is key to energy and to success! I hope this is helpful!

See You At The Pool!

Rhonda

### **NUTRITIONAL CHEAT SHEET**

**BY MIKE MEJIA, M.S., C.S.C.S//SPECIAL CORRESPONDENT  
USA SWIMMING -**

#### **Eat Breakfast**

Start out with a proper breakfast. This does not entail grabbing a bagel with cream cheese and eating it in the car with a large orange juice on the way there. The bagel, especially if it's made with white flour can really jack up your blood sugar levels. Granted, the fat in the cream cheese will blunt this affect somewhat, but add in the OJ and you'll be all fired up for warm-ups and likely crash shortly thereafter.

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The best-case scenario is to sit down and eat some slow cooked oatmeal (prepared the night before) with fruit, or some eggs and whole grain toast, or whole grain cereal with skim, or low fat milk. If it's an early meet and you must eat on the run, at least make it a whole grain bagel with peanut butter, as the these two foods together make up what is known as a complete protein by providing your body with all the essential amino acids it needs. Trade in the OJ for a lower sugar sports drink and you're good to go. Some more foods to stay away from include bacon, sausage, croissants, doughnuts and sugary breakfast cereals.

As far as what you should have in your bag for snacking, I think the best way to address this is with a list of what you should bring, vs. what you should not bring.

## **What to Bring:**

1. At least 32 oz. of water to drink during and after the meet.
2. No more than 16-20 oz. of sports drinks that meet the above criteria.
3. Energy bars: Try to stick with bars that have less than 10 grams of fat, and less than 35% of their calories from sugar (the lower the better). To calculate this: multiply the number of grams of sugar by 4 and then divide that number into the total calories. Some recommended brands include: Kashi TLC Bars, and Odwalla Bars.
4. Whole grain pretzels, crackers and cereals.
5. Nuts, seeds and dried fruit (in limited quantity due to the relatively high sugar content).
6. Lower Sugar Fruits: Strawberries, Apples, Cantaloupe, Blueberries, Raspberries and peaches.

## **What not to bring, or bring less of:**

1. Chips of any type. Most are loaded with fat and calories.
2. Goldfish, Cheese Nips, or any other types of crackers made with white, enriched flour.
3. White Bagels and Breads.
4. High Sugar Fruits: Banans, Raisins, Pineapple and Grapes.
5. High Sugar Energy Bars: Many types of Power Bars fall into this category.
6. Fruit Juices of any type: Too high in sugar and don't clear the gut as rapidly as sports drinks, possibly leading to stomach cramping.
7. Soda. This one's an absolute no-no!
8. Cookies, candy, gummy bears, or anything else along those lines.