



Philippa Parish Nutrition

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Snack Foods for Swimming

Always take more than you think you are going to need

Always keep to what you know and like - this is a bad time to try anything new!

Features

- Portable
- Socially acceptable (not sardine sandwiches!)
- Easily digestible. Liquids may be best if time between swims is short (1/2 hour, or less)
- For all-day meets, it's advisable to have some solid food (see below)
- Take some foods/drinks specifically for recovery and glycogen replacement after the meet (that is, carbohydrate-based with some protein, but little fat)

Drinks - cool, palatable

- 2 litres of isotonic drink
- 2 litres of hypertonic drink
- 2 litres of water
- Low fat bio yoghurt smoothies with banana, berries, fruit juices
- Chocolate milk (e.g. Yazoo)

Food

- White bread/bagels/rolls/wraps/pitas moderately filled with lean meat (chicken, ham), vegetarian pate, or egg. Little, or no butter/spread/mayonnaise. Some lettuce/tomato/cucumber.
- Home-made cake (basic sponge made with dark sugar, white flour and butter, with an extra egg), some dried fruit, grated apple/pear (see recipe)
- Home made flapjacks (see recipe)
- If you are going to take commercial energy bars, try to stick to bars that have less than 10g 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.
- Jelly with added fruit
- Soreen fruity, malt loaf
- Rice/pasta/potato with tomato-based sauce and little meat/cheese
- Whole grain pretzels, crackers, rice cakes, oat cakes, Ryvitas and cereals.
- Hummus, nut and peanut butters (eaten in moderation, due to their fat content).
- Nuts, seeds and dried fruit (in limited quantity due to the relatively high sugar content).
- Lower sugar fruits: strawberries, apples, cantaloupe, blueberries, raspberries and peaches.
- Vegetables (carrots, celery, peppers, peas, sweetcorn, tomatoes)

It is advisable to consult your doctor of any changes you intend to make to your diet, especially if you are on medication. Nutritional therapy should not be considered a replacement for conventional treatment.