

Eating and hydrating well everyday – not just on competition day – is crucial for the developing Swimmer. The next generation athlete will perform better, recover faster and thrive in good health if they are consistently fuelled daily. If nutrition isn't given adequate consideration, this may contribute to the athlete becoming tired, irritable, lethargic, or even lead to losing interest or enjoyment in the sport.

Fuelling Fundamentals

Performance Nutrition/Hydration strategies will depend on the quality of the every-day diet. A diet that is diverse in colour, texture and minimally processed will not only foster optimal physical health and wellness, but also enhance social well-being. These are the key foundation components of an elite Performance Nutrition Program.

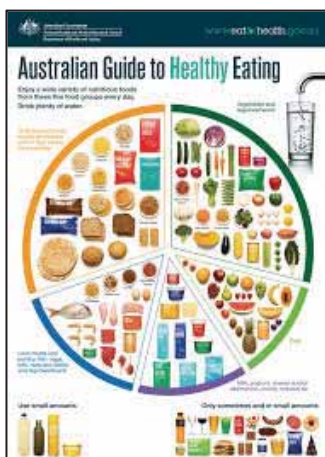
Plan Ahead – Balance is key

- Treat each core meal as an *opportunity to nourish the body*. Main meals are key “nutrition training sessions”. Plan to achieve 100%.
- Use snacks as opportunities to ‘top up’ or fill gaps that main meals may have missed.

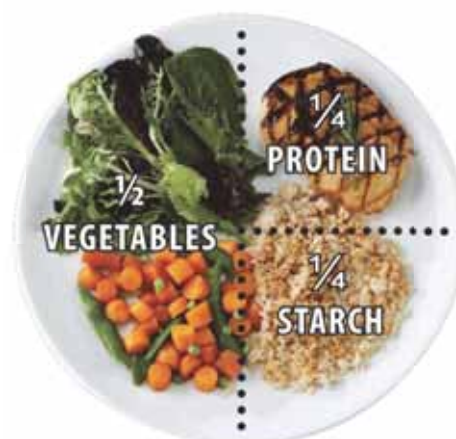
Balance and optimise your meals with the following:

1. **Brain and muscle fuel:** Include a nutritious, Low GI, minimally processed wholegrain food (grains and/or starchy vegetables eg. sweet potato/corn/pumpkin). Be **flexible!** Choose vegetable sources on ‘low workload’ days, and pasta/noodle/rice sources on ‘high workload’ days. Do not cut out completely!
2. **Building blocks for the body:** Include a high-quality protein food (lean meat, eggs, legumes or high protein Dairy)
3. **“Keys” that “unlock” energy and recovery potential of your food:** Include Vitamins and Antioxidants (colourful fruit and vegetables). Aim for 2-3 varieties or colours at lunch and dinner
4. **Hydrate:** Have water with your main meals. Natural sodium (salt) in your food will assist the efficient absorption and use the fluid you drink, thus maintaining a good hydration status.

Theory



Practice



Be strategic with Carbohydrate– “Push/Pull” to ‘prime’ for the workload required

- Carbohydrate is the fuel of choice for **explosive power and endurance**. Too little, and the you could become lethargic, prone to a weaker immune system, experience mood swings and be open to poor performance.
- Nutritious carbohydrates support a resilient immune system: Minimally processed grains (insoluble fibre), fresh fruit and vegetables (soluble fibre) are important sources of Pre-biotics (Probiotic/good gut bacteria “food”)
- Be **strategic** with carbohydrate timing and **mindful** of your choices. Know how to ‘periodise’ your carbs and be sure to trial as many different types as you can around training to find what you enjoy and tolerate best.
- Periodising’ or ‘Pushing/Pulling” your carbs will your preserve your ‘metabolic flexibility’ ie your body’s ability to burn carbohydrate when it is needed to **perform**

Workload	Example appropriate snack choices
Lower/Light	<ul style="list-style-type: none"> - Whole grain wraps/bread eg. Goodness superfoods Barleymax wraps - Pearl Couscous, Quinoa, Spelt, Frekeh, Brown Rice, Basmati rice - Starchy vegetables : potato/pumpkin/corn - Fresh seasonal fruit - Dairy – greek yoghurt, milk, cheese
Moderate	<ul style="list-style-type: none"> - Wholemeal or white bread/wraps/crumpets/pikelets - White pasta, rice, couscous - Blended fruit, yoghurt, milk smoothies - Wholegrain muesli bars - Pretzels - Honey
High	



Optimise Protein quality and timing

- Aim to evenly spread small ‘hits’ of protein across the day. Practical tip: ensure 20-25g protein is in each core meal and snack, 3-4 hours apart. * See high protein snack ideas
- Eating = Training = Opportunity to replenish and regenerate. Do not let your ‘nutrition training sessions’ aka. ‘Meals and snacks, go to waste.
- Support strength/resistance sessions: Time a ‘hit’ of 20-25g protein 1 hour before AND another within 15min post lifting.



Performance Breakfast options – select + scale for the workload required

- Porridge (oats or quinoa) cooked in milk + Greek yoghurt + apple and cinnamon
- Tinned spaghetti on 1-2 slices toast with a fruit smoothie
- Cereal with milk, fruit and yoghurt with a small glass of juice or piece of fresh fruit
- Toast with avocado, tomato and cheese (or a little fetta), with a glass of milk
- Fruit salad with Greek yoghurt and chopped/crushed nuts
- Scrambled egg with cheese and tomato, toast and a piece of fruit
- Peanut butter on toast, topped with sliced banana and a 300ml glass of milk
- Baked beans on 1-2 slices toast with fruit + 300ml glass of milk
- Fruit toast or English muffins with honey or jam and a fruit smoothie
- Pancakes/Pikelets with fresh fruit + 170g Chobani Greek yoghurt
- Crumpets + honey + 170g Chobani Greek yoghurt
- Breakfast Smoothie *see recipe
- Bircher Muesli cups *see recipe



Performance Snacks (Each contains 30-60g of easily digested carbohydrate)

- Pikelets, crumpets or English muffins with jam, honey or vegemite + snack pack fruit
- Fresh fruit or a snack pack of canned fruit + Chobani 170g tub
- Fruit hot cross buns + box of sultanas + water
- Sandwich with cheese, peanut butter, honey or jam
- Banana and honey sandwich + water
- Water Melon slices + muesli bar
- Greek Yoghurt/custard,/rice pudding/creamed rice + fresh fruit
- Muesli Bar + fresh fruit
- Pita chips, pretzels or crackers + 300ml sports drink
- Fruit bun or raisin toast with jam + fresh fruit
- Scones, pikelets, pancakes + jam + fruit
- Milk based smoothie with fruit
- 2 minute noodles + water
- Banana + 300ml Sports Drink
- 2-3 x Fresh Sushi rolls
- Trail mix with nuts, seeds, dried fruit
- Muesli Bar + flavoured milk
- Greek Yoghurt + 200-300ml Sports Drink



Recovery Meals and Snacks (each contains ~50g carbohydrate + 20-25g quality protein)

- Low fat fruit smoothies (300ml milk +100g Greek yoghurt +fruit + honey)
- Greek fruit yoghurt and a handful of dried fruit + 30g Almonds
- 300g (large) baked potato + cottage cheese filling + glass of milk
- 2-4 x Sushi handrolls + Up and Go Energize tetra pak +fruit
- Sandwich, roll or wrap with protein filling eg. chicken, tuna, cheese or egg with salad
- Liquid meal supplement (Up and Go Energize, Sustagen) + Fruit + Muesli bar
- Small tin of tuna + beans with dry biscuits + water
- Chicken (150g) and pasta salad + water
- Chicken/beef/lamb Strfry with rice/noodles + water
- Chobani Meze Dips (whole tub) + carrot, capsicum, cherry tomatoes + Cheese sticks



High Protein Snacks – Higher Workloads

Aim to have 5-6 even 'spikes'/'hits' of 20-25g protein during the day to assist muscle recovery and regeneration. The below options additionally have 20-50g of carbohydrate support high energy and growth needs.

Talk to your Performance Dietitian to determine which snacks are best for your individual needs. Each option contains ~20g protein.

<p>125g hummus + vege sticks + 1-2 hard boiled eggs</p> 	<p>170g tub Chobani Yoghurt + handful of almonds + berries</p> 	<p>90g tin of tuna + 1-2 Ryvita/Vita-weat crackers</p> 
<p>*Recovery smoothie 300ml milk + 170g Greek yoghurt (Chobani) +Fruit + honey</p> 	<p>John West Tuna and bean mix can</p> 	<p>85g Turkey (deli slices) and cheese</p> 
<p>200g Cottage cheese + cinnamon + grapes</p> 	<p>* 2 tbsp peanut butter + 1-2 slices wholegrain toast + Chobani (170g)</p> 	<p>2 tbsp peanut butter + Apple + Chobani Oats (140g)</p> 
<p>*Chobani Squeeze Yoghurt + Carman's Protein Muesli bar</p> 	<p>* Up and Go Energize + 30g nut pack: walnuts, almonds, cashews</p> 	<p>Chobani Dip tub + vege sticks + 1 hard boiled egg</p> 

* High kilojoules

High Protein Snacks – Lower Workload

Aim to have 5 even 'spikes'/'hits' of 20-25g protein during the day to assist muscle recovery and regeneration.

These options are lower in carbohydrate (~10-20g per square), therefore are best chosen on low workload or rest days.

Talk to your Performance Dietitian to determine which snacks are best for individual needs.
Each option contains ~20g protein

<p>125g hummus + vege sticks + 1-2 hard boiled eggs</p> 	<p>1-2 x Eggs + Avocado + 125g 4-bean mix + Tomato Salad</p> 	<p>90g tin of tuna + 1-2 Ryvita/Vita-weat crackers</p> 
<p>Chobani Dip tub + vege sticks + 1 hard boiled egg</p> 	<p>John West Tuna and bean mix can OR baked bean pot + tin of tuna</p> 	<p>85g Turkey (deli slices) + mini Babybel light cheese + handful cherry tomatoes</p> 
<p>Apple Dippers: 170g plain Greek yoghurt + 30g chopped nuts (almonds/walnuts) honey + cinnamon</p> 	<p>YoPro + 30g nuts</p> 	<p>Rokeby Farms Quark Yoghurt Natural flavour + 1 tbsp LSA mix</p> 

Swimming Victoria Anti-Doping & Supplement Information - Decision Tree



For further information: www.vic.swimming.org.au → Athletes/Coaches → Athlete Support → Anti-doping & Supplement Information