



# Swimming Nutrition

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## Lunch options



## Lunch / Evening Meal



## How to build your recovery nutrition

What	When	Portion
Fast absorbed carbohydrate	Initially within: 30 minutes	Carbohydrates: Approx. 50-70g
High quality protein	After hard intensity again within 2-3 hours	Protein: Approx. 20-30g.
		Avoid high fat foods



Table 1. Carbohydrate foods

Food Name	Quantity	Measure	Carbohydrate	Protein	Fat
Apples eating average	125	1 x medium	13.1	0.5	0.1
Apricots dried	40	1 x handful	17.4	1.9	0.3
Bananas	100	1 x medium	23	1.2	0.3
Dried mixed fruit	30	1 x handful	20	0.7	0.1
Flapjack (Basic)	52	52g square	33	2.8	10.5
Malt bread / Soreen	35	1cm slice	23	2.7	0.8
Natures Valley Honey & Oat bar	42	1 Pack (2 slices)	14.7	1.7	3.8
Oranges	160	1 x medium	13.6	1.8	0.2
Raisins	28.3	Sun maid box	19.6	0.6	0.1
Rice Cakes (home made recipe)	92	92g or 20th of recipe	23	3.2	3.1

## Recovery Snack



Table 2. Protein Foods

Food Name	Quantity	Measure	Carbohydrate	Protein	Fat
Cheese cottage plain	100	100g serving	3.1	12.6	4.3
Semi-skimmed milk pasteurised average	568	1 Pint	27	19.9	9.7
Tuna canned in brine drained	130	1 can (180g)	0	31	0.8
Yoghurt Muller Fruit Corner all flavours	150	1 Pot	22	5.7	5.7
Yogurt Greek plain low fat	125	1 pot	4.6	12.7	0.3
Yogurt Greek plain whole	125	1 pot	5	12.3	8.8

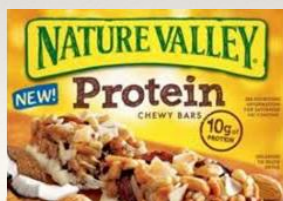
Table 3. Mixed carbohydrate and protein foods

Food Name	Quantity	Measure	Carbohydrate	Protein	Fat
Frijj Flavoured Milk	472	1 bottle	59	18.4	5.7
Muller Rice original	190	1 Pot	32	6.8	4.9
Sandwich Chicken salad white bread	205	1 sandwich	46	22	10.9

## Snacks

Be wary of “protein halo”

Just because it says protein doesn't make it good for you.

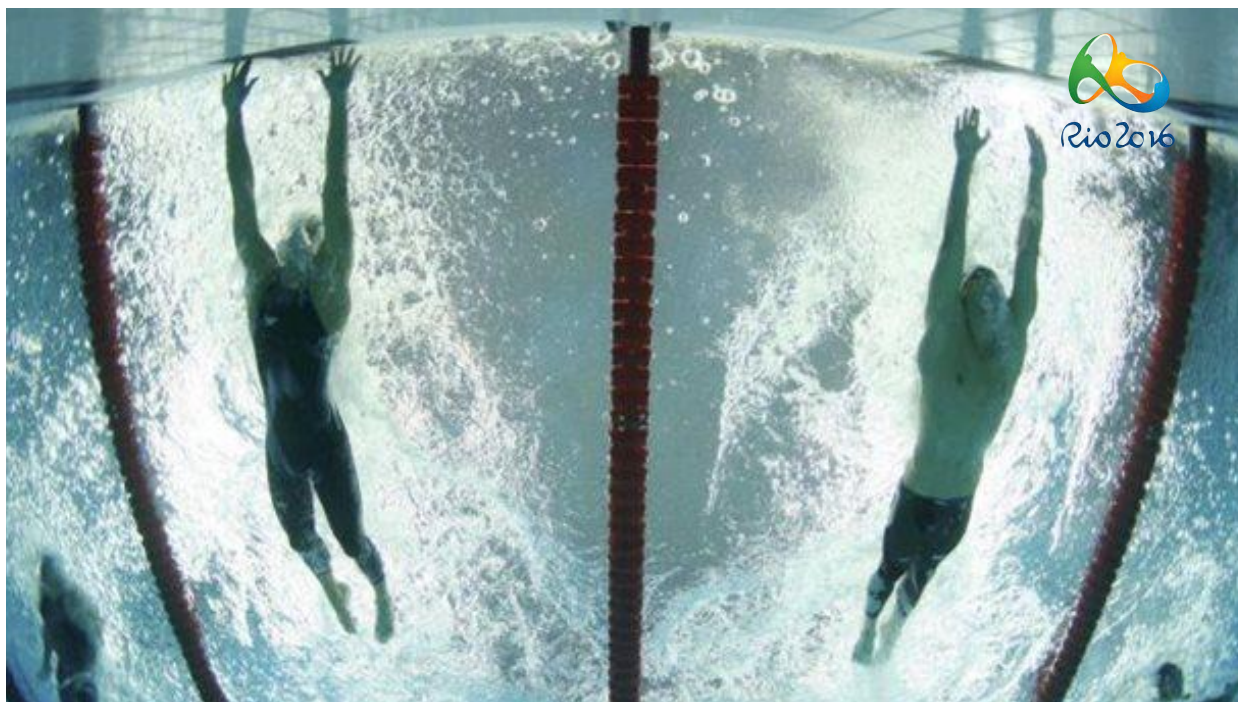


## Example Day

Breakfast	3 x poached egg 2 x Seeded Bread (toasted & buttered) Berry smoothie
Lunch	Chicken salad sandwich with seeded bread
Pre Training	1/2 pint milk 2x 1cm slice soeren
Training	Water / Cordial
Post Trainnig	1 pint milk 2 x Apple
Evening Meal	Chilli con carne 1/2 bag (125g) Tilda steamed rice bag
Snacks	Hummus (retail) 2x celery stick 2x large square of 70-85% dark chocolate

## Supplements





## Competition Nutrition

### ME USUALLY



Lets eat healthy and grow strong

### ME DURING MEETS



ME EAT FOOD



## Competition Day planning examples

- Is breakfast open before you need to leave the hotel?
- Are there supermarkets near the hotel / walking distance / driving distance?
- Lunch options?
- Evening meal
  - Where is high quality and near the hotel - do you need to travel for quality?
  - Do you know finish time of competition - book a table?
  - Can you pre-order your meal?



### Competition days

- Keep it simple
- Follow the same patterns and rules as training days
- Include carbohydrates, protein and fats along with lots of vitamins and minerals.
- Avoid “treat” choices or using food as a “reward”
- Most important - plan what athletes will do.

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## Summary

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- Maintain consistently good habits.
- Choose wholegrain, whole wheat, whole foods when ever possible.
- Choose high quality proteins and healthy fats.
- Increase variety and be willing to try lots of new foods.
- Maximise recovery through post training/racing snacks.

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## Contact Information

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