Vitamins & Minerals



Focus on immune system-boosting vitamins and minerals to ensure you have the best chance of fighting off illness. Immune system-boosting vitamins and minerals and their sources include:

- Vitamin A (carrots, spinach, oily fish, eggs)
- Vitamin C (oranges, strawberries, red and green peppers, potatoes)
- Vitamin D (oily fish, egg yolks, red meat, sunlight!)
- Vitamin E (nuts, seeds, plant oils, wheatgerm – found in cereals & cereal products)
- Selenium (brazil nuts, fish, meat, eggs)

As an alternative to swimming, you may be performing more weight-bearing exercises such as: walking, running and body weight strength & conditioning sessions – this puts more pressure through your bones and joints compared to swimming. A good way of promoting bone health is to eat foods containing the mineral calcium, such as:

- Milk
- Yoghurt
- Cheese
- Fortified foods (eg. milk alternatives, breakfast cereals, certain breads)



Adjusting Nutrition Through Coronavirus

Snacking

Now that we find ourselves at home all day, snacks are easier to access. You may find that you're reaching for the snack drawer even when you're not hungry (boredom snacking!). Next time you reach for a snack to pass the time, stop and question whether you are actually hungry or just bored. If you're not hungry try putting your mind to something else, such as: reading a book, playing a game, learning a new task, exercising.

It's also very easy to mistake thirst for hunger. Next time you reach for an extra snack try and think whether you have been drinking regularly and if it could be thirst that you are feeling rather than hunger!



Family Time



Take advantage of being at home with the family and spend quality time together by having family meals. It's an opportunity that you may not normally get when having to train in the mornings and/or evenings. You can also use this time to come up with and try new recipes together and teach other family members how to cook your favourite meals!

Overall Food Consumption



Despite the fact that you are not swimming at the moment, it is important that you still stick closely to your regular diet. This is because you should still be doing some sort of exercise each day (eg. Jordan's strength & conditioning sessions, walking, running, cycling) which means you are utilising energy. Not eating enough for the activity you do can lead to unwanted weight loss. It is also important to remember that at some point you will be returning to swimming training - you want to ensure you are still eating enough to maintain lean muscle mass so that your performance isn't hindered when you return.

If you feel that the current training you are completing at home isn't requiring as much of an energy demand compared to swimming, you may want to make some small changes to your diet to ensure you maintain weight rather gain unwanted weight. Some small changes you can make if necessary include: slightly reducing overall portion size at meals, reduce the number of snacks consumed each day, limit the amount of non-water drinks you drink as they are an easy way to consume lots of calories quickly!

- Maintain weight: energy in = energy out
- Lose weight: energy in < energy out
- Gain weight: energy in > energy out