PRE-SWIM NUTRITION






MORNING SWIM

Breakfast (at least 1-2 hours before swimming):

- Brown / seeded toast with peanut butter and banana
- Cereal / muesli / granola / porridge with semi-skimmed milk / milk alternative
- Wholewheat pancakes

OR

Light snack (at least 30 mins – 1 hour before swimming):

- Banana
- Handful of dried fruits (dates, raisins, sultanas)
- Low fibre cereal bar (such as Go Ahead bar)
- Fruit smoothie

SCHOOL

Morning snack:

- Fruit / veg
- Low salt rice cakes (2-4) with peanut butter
- Yoghurt

Lunch (make sure it is a big meal which will fill you up):

- Wholewheat pasta / bread / rice – based meal
- Source of protein (chicken, prawn, salmon, beef, Quorn, eggs)
- Aim for 2-3 portions of veg with lunch

Afternoon snack:

- Fruit / veg
- Unsalted nuts
- Wholewheat breadsticks

EVENING SWIM

Main evening meal (at least 2-4 hours before swimming):

- Pasta / rice / sweet potato - based meal
- Source of protein (chicken, prawn, salmon, beef, Quorn, eggs)
- Aim for 2-3 portions of veg with meal

OR

Light snack (at least 30 mins – 1 hour before swimming):

- Banana
- Fruit smoothie
- Low salt pretzels
- Low sugar / salt popcorn

BEDTIME

Light snack (30 mins – 1 hour before bed):

- Wholemeal toast with nut butter
- Eggs with wholemeal "soldiers"
- Homemade milkshake (semi-skimmed milk / milk alternative / banana / strawberry / blueberry / vanilla / chocolate)
- Cereal / muesli / granola / porridge with semi-skimmed milk / milk alternative
- Unsalted nuts
- Carrots with hummus

Keep meals / snacks varied and try new foods to see what you like / what works best for you. The listed foods above are just ideas which you can follow or base your own food choices on

REMEMBER TO ALWAYS KEEP HYDRATED THROUGHOUT THE DAY WITH WATER