

## What Should I be eating at home to be a strong swimmer?

### **1. FRUITS and VEGETABLES!**

- Eat whatever ones you want, whenever you want.

### **2. Smoothies!**

- Smoothies are a great way to get two or three serving of fruit and vegetables. The taste of dominate fruits will cancel out any flavors you do not like. You can add in a low fat yogurt, greek yogurt or milk. Don't forget ice and a little water!
  - Dominate fruits examples: Strawberries, raspberries, bananas

### **3. Yummy Fats!**

Yes believe it or not you should eat some fats. Fats, have made a bad name for themselves. Its hard to distinguish a healthy fat verse an unhealthy fat. Mono-unsaturated fats are the yummy and healthy fats!

Coach Ang's favorite foods with fat are: Avocados, almonds, pistachios, pecans, peanuts, and peanut butter.

Ask your parents to cook your dinner in olive oil, thats another yummy fat!

### **4. Ways to Build my muscles (protein)**

Chicken, Eggs, and Fish!

But I do not like meat, what else can help me build my muscles?

Edamame, thats not only a delicious protein source but a fun word to say.

Hummus- that is a yummy treat that comes in many flavors.

Beans- Yes they are good for your heart.

Peanut butter- its delicious on not only toast but delicious with fruits and vegetables. It also takes away any bitter tastes.

### **5. Sugars!**

- Sugars, are probably the worst thing going into your body but its very hard to avoid.
- Did you know you are eating sugar when you have a slice of bread, salad dressing, pretzels, cheez-it, and an endless list of items from your daily diet.
- You are eating sugar in TONS of things in your daily diet. So there is no need for the extra sugars you add into your diet.

### **6. Dihydrogen Monoxide**

What the heck is Dihydrogen monoxide? That is the stuff you swim in, minus the chlorine. Yes, WATER! Drink LOTS of it! You can spice it up and add flavors by adding your favorite fruits.

### **7. Iron Rich Foods**

Iron rich foods are very important for the body. Iron carries the oxygen throughout the body! Iron is mineral that allows you to do everything from swim to thinking. If you're tired or drowsy its likely your body needs some good old Fe. Iron rich foods include:

green leafy vegetables, eggs (the yoke of the egg), Dark meats, almonds, and beans. To help with the absorption of iron in the body have a little vitamin C along with your serving. Vitamin C rich foods include: oranges, citrus fruits, kiwi, and tomatoes.

#### **8. Swim meet are long and you are likely to get hungry during them.**

- Drink your water! It is a common misconception by people to think they are hungry when actual they just need some H<sub>2</sub>O!
- Pack some fruit! Any fruits! Any one will do.
- Pack some vegetables! Any Vegetables!
- Nuts, those yummy fats are perfect. Be careful no more than 2 oz during a meet!
- Seeds: pumpkin, sunflower ( LOW sodium, REGULAR flavor) and others.

#### **9. My swim practice and/or swim meet is over, time to feast!**

- Chocolate Milk- 8oz. Do NOT drink to much! 8oz is the perfect amount.
- Start with some grains like rice, bulgur, granola, quinoa.
- Move on to some starches like sweet potatoes.
- Don't forget those fruits and vegetables
- Have some protein.
- Finally, treat yourself to a tasty snack for a job well done!

**10. Healthy and Delicious  
Alternative Choices**

<b>Unhealthy</b>	<b>Healthy</b>
Potato chips	Kale chips
whole milk	1% milk, almond milk
white pasta	whole grain, spaghetti squash
Ice cream	frozen yogurt
Soda, juices	WATER
White bread	whole wheat
Pop sickles	frozen fruit
milk chocolate	dark chocolate
Beef meatball	Turkey meatballs

For more questions, recipes or anything related to nutrition please feel free to email me at [andreawarren822@gmail.com](mailto:andreawarren822@gmail.com) I would love to answer any questions you may have.

GOOD LUCK to all of our swimmers,  
Coach Andrea :)