

# A Nutritional Guide for Swimmers

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**\*Diet plays an extremely important part in the success of a competitive swimmer. Swimmers require a high performance athletic diet to help them achieve their best results. Listed below are diet concepts which can help improve a swimmers performance on race day.**

1. Immediately after any race swimmers should drink water or sports drink. Avoid caffeinated products especially sodas that contain caffeine.
2. Approximately 10-15 minutes after a race a swimmer should eat something light like fruit. This will help replace carbohydrates which are “used up” during a race.
3. Foods high in fat should not be eaten during a swim meet. Foods high in fat will make swimmers feel tired and sluggish in the water. Foods high in fat are usually animal products. High fat foods include French fries, Sloppy Joes, Nacho’s, Hot-dogs, Pizza etc.
4. On race day a swimmers breakfast should not be high in salt. This can disrupt the digestive process and lead to cramping and/or nausea.
5. Avoid empty calories such as those found in soft drinks.
6. Avoid heavy fatty foods the night before the meet.
7. Do not eat a heavy late night snack the night before a swim meet.
8. Bring a variety of foods to every meet. Do not rely on concessions to supply appropriate foods for swimmers.
9. The list below contains suggested foods to eat in the morning or early afternoon the day of the swim meet. These foods are high in carbohydrates, low to medium in protein and low in fat.
  - Low sugar cereals
  - Skim milk
  - Low fat yogurt
  - Pancakes with syrup
  - French Toast with syrup
  - Waffles with syrup
  - Toast, English muffin or bagel with honey
  - Fruit: bananas, apples, oranges, kiwi etc.
  - Baked beans
  - Potatoes
  - Sweet potatoes
  - Spaghetti
  - Smoothies (no or low fat i.e., Nouriche or Fusion)
  - Granola bars or Nutrition bars low in Fat.