

# Fueling the Competitive Swimmer

A Guide for Athletes and Parents



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# Smart Healthy Every-Day Eating

## *The Foundation of Good Sports Nutrition*

### What is a 'balanced' and 'healthy' diet for the swimmer?

There are four main factors that determine if an training eating pattern is 'nutritionally adequate' and 'balanced':

If the diet is:

1. Regular (No skipping meals)
2. Includes ALL five food groups in ONE day (Vegetables, Fruits, Breads/Cereals/Pasta/Rice/Noodles, Lean meats/alternatives and Dairy)
3. Includes ENOUGH servings of EACH food group in EACH day
4. Includes an adequate amount of fluid EACH day

### So what are the guidelines that incorporate these four important factors?

#### THE AUSTRALIAN GUIDE TO HEALTHY EATING

Eat a wide variety of each

Food Group	Serves / day	Sample Serve
Breads/cereals/rice/pasta/noodles	4-9 5-11	2 slices bread, ½ cup muesli, 1 cup of cereal/rice/pasta/noodles
Vegetables/legumes	5	Cup salad, ½ cup cooked , ½ cup baked beans
Meat/fish/poultry/eggs/nuts/legumes	1-2	65-100g meat/chicken, 2 eggs, 80-120g fish
Fruit	2-3	1 medium piece (apple, banana, pear) 1 cup canned , ½ cup juice
Dairy	2-3	250ml cup milk, 200g yoghurt, 2 slices (45g) cheese

### Particular nutrients to be aware of to optimise growth and development

**Protein** -Lean meats (beef, fish, poultry, lamb), legumes (baked beans, chickpeas, beans), Dairy

**Energy** - Breads, cereals, noodles, rice, pasta and low fat dairy products, unsaturated fats – fish, nuts, seeds and avocados

**Calcium** – Low fat dairy foods (lower the fat content, the higher the calcium content)

**Iron** – Lean red meat, Legumes and Green leafy vegetables (have with Vitamin C to enhance absorption!)

#### Nutrient dense, quality 'pack for punch' Food examples:

- Fruit Smoothies- rich in protein, energy and calcium, low fibre, rapidly absorbed fluid.
- Lean meat sandwiches with low fat cheese on wholegrain bread – rich in protein, energy, calcium and iron!
  - \* Multigrain/Wholemeal toasted chicken, cheese, baby spinach, capsicum sandwich
  - \* Multigrain ham, salad (with at least 2-3 varieties of vegetables) and cheese sandwich
- Dairy based meal supplements ie. Up and Go, Sustagen, smoothies. Appropriate for recovery or an energy booster.

**TIP: Pick the highest 'pack for punch' foods: Choosing **NUTRIENT** dense foods over **ENERGY** dense, low nutrient choices.**

# Activity: Training Nutrition Audit



Date:

Training Days:

Food Diary

Meal	Food	Fluid

Food Diary Audit

Food Group	My Serves	The Australian Guide to Healthy Eating
Breads/Cereals/Pasta/Noodles/Rice		
Vegetables		
Fruit		
Dairy (Milk, Yoghurt, Cheese)		
Lean Meat or alternatives		
Extras		

My Nutrient Needs \* Once the AGTHE is satisfied

Macronutrient	Daily Recommendations	My General Daily Training Target
Carbohydrate		
Protein		
Fluid		

# Training Diet Sample Meal Plan

<b>Pre-training Breakfast</b>	Yoghurt /Sustagen made with low fat milk/smoothie and muesli bar and fruit
<b>During Training</b>	Drink bottle- water or sports drink*
<b>Post-training Recovery</b>	0.5-1 cup Cereal with low fat milk Glass 100% OJ
<b>Morning Tea</b>	Fruit and vitaweets/pikelets/crumpets with spread
<b>Lunch</b>	1-2 multigrain rolls filled with chicken, low fat mayo and salad (at least 3 varieties) Fresh fruit water
<b>Pre-training Snack</b>	Creamed rice/yoghurt with tinned fruit
<b>During Training</b>	Drink bottle – water or sports drink*
<b>Post-training recovery</b>	Sustagen Sport/Up and Go and cereal bar
<b>Dinner</b>	Stir fry chicken and vegetables (at least 3 different colours) with 1-2 cups cooked rice or noodles
<b>Dessert</b>	Fresh fruit with low fat custard or ice-cream
<b>Supper</b>	Low fat milk with Milo

\*Depending on intensity and duration of session

## Training Diet Tips:

- Break your breakfast into 2 parts : Before and After training  
*Example:*  
- Before: Light, low fibre, low fat liquid breakfast ( high energy fluid such as Sustagen, Up and Go or a Smoothie) with a piece of fruit  
-After: Bowl of cereal with low fat milk, Wholegrain toast with spread and glass of Orange juice
- A high carbohydrate, compact recovery snack post training is important if you are unable to access your next meal.

## **Suggestions which contain approximately 50- 60g of carbohydrate and 10g protein**

300ml milkshake or fruit smoothie	1 cup of fruit salad with a 200g tub of low fat yoghurt
500ml low-fat milk	200g tub of yoghurt or a 300ml flavoured milk and 1 cereal bar
PowerBar and 250ml of sports drink eg Gatorade	2 slices of toast with 200g baked beans
1.5 – 2cups of breakfast cereal with ½ low fat milk	200g tub of yoghurt and 500ml sports drink
1 sandwich with lean meat/cheese/ chicken filling and a piece of fruit	

Keep in mind that you will need to replace carbohydrate (muscle fuel) AND fluid, it is good idea to choose 'liquid meals' eg . smoothie, sports drink, up and go, Sustagen. This is **especially important if you do not enjoy eating after exercise.**

- Plan ahead: pack plenty of food to take to school to make sure that you have the right sources to fuel your training
- Most importantly: Find snacks that are enjoyable, comfortable and available

## **Tips to Increase quality carbohydrate intake:**

- Snack on high carbohydrate foods between meals
- Base all meals around carbohydrate rich foods ie. Pasta, breads, rice, noodles
- Have a high carbohydrate, nutrient dense dairy dessert after dinner
- Use sports drinks during training (depending on duration and intensity)
- Drink cordial, fruit juice or sports drinks with meals during competition to boost fuel