



Eating Right to Fuel Your Championship Meet

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On the days you compete, you'll want to be sure to have a breakfast that provides sustained energy, is easy to digest, and keeps you feeling satisfied until your race. A good breakfast should include:

1. **Complex Carbohydrates:** Choose foods rich in complex carbohydrates to provide a steady source of energy. Good options include whole-grain bread, oatmeal, whole wheat pancakes, or whole-grain cereal.
2. **Lean Protein:** Include a source of lean protein to support muscle repair and recovery. Consider adding eggs, Greek yogurt, low-fat milk, or a plant-based protein source like tofu.
3. **Healthy Fats:** Include some healthy fats for added satiety and sustained energy. Examples include nuts, seeds, nut butter, or avocado.
4. **Fruits:** Add a serving of fresh fruits like bananas, berries, or oranges for vitamins, minerals, and additional natural sugars for energy.
5. **Hydration:** Start your day by drinking water or a sports drink to rehydrate after a night of sleep. Proper hydration is essential for optimal performance.

Avoid high-sugar or heavy foods that may lead to energy spikes and crashes during your races.

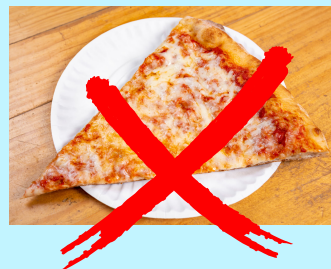
Here are some great breakfast ideas:

- Scrambled eggs with whole-grain toast and a side of mixed berries.
- Greek yogurt with granola, sliced bananas, and a drizzle of honey.
- Whole-grain oatmeal topped with nuts, seeds, and chopped fruits.
- Whole wheat pancakes with almond butter and a side of fresh strawberries.
- Smoothie with spinach, banana, Greek yogurt, and a scoop of protein powder.

Meals should be eaten 2-3 hours before you swim to allow for proper digestion.

Make A Plan

Coming to the meet prepared does not just mean packing towels, suits and extra caps and goggles, it also means bringing your food. Do **NOT** rely on the food sold at the meet's concession stand. These foods do not provide your body with the nutrients it needs to perform well. Plan ahead and bring nutritious foods that you enjoy.



Packing Snacks

Be sure to have plenty of water and good snack items on hand during the day. It's important to choose foods that provide quick energy, are easy to digest, and offer a good balance of nutrients.

Excellent options include:

Fruit

Energy Bars

Trail Mix or granola

Greek Yogurt

**Whole Grain Crackers or Bread
with Nut Butter**

Carrot Sticks or Baby Carrots

Pretzels

Hummus with Veggie Sticks

Jerky



Meals Between Prelims and Finals

When choosing a meal between prelims and finals, there are several important factors to consider to optimize performance and recovery.



Like the recommendations for breakfast, you want this meal to also be nutrient balanced with complex carbohydrate such as brown rice, quinoa or whole-wheat bread. Be sure to choose lean protein and good fats.

Having a balanced meal will ensure you are aiding recovery, replenish glycogen stores and provide sustained energy.

In addition, consider the following:

- **Hydration:** Consider foods with high water content, such as fruits and vegetables, to contribute to hydration levels, in addition to drinking water or sports drinks.
- **Digestibility:** Meals should be easily digestible to avoid discomfort during the upcoming race. Avoid heavy, greasy, or fried foods that may lead to bloating or indigestion.
- **Vitamins and Minerals:** Look for meals that include a variety of colorful fruits and vegetables.
- **Portion Size:** Pay attention to portion sizes to avoid feeling overly full or bloated.

Some suggestions:

Grilled Chicken or Fish with Quinoa and Steamed Vegetables

Pasta with Tomato Sauce and Lean Ground Turkey

Salmon with Sweet Potato and Asparagus

Stir-Fried Tofu with Brown Rice and Broccoli

Lean Beef or Turkey Burger with Whole Wheat Bun and Salad

