

### Introduction:

- Having a good balanced diet is what our body needs
- Making sure the right foods get into our body can be hard. Being as active as we are (with swimming) if we don't get the right amounts or the right foods can be harmful to our body.
- Having a good balanced diet does not mean cutting out all bad foods, it means knowing what you eat and balancing from healthy to non-healthy foods.
- We need to have fruit, vegetables, protein, dairy and grains in every meal to make us full and have the right amount to be active.
- Eating good nutritious food will make us full for longer and make us happier and in a better mood.

### Water:

- Someone 12 years or younger should drink 1.5 liters a day as 13 and older should drink 2 liters
- Some people think Oh my goodness how can you drink so much, well I experimented I tested and tried drinking 2 liters and I can do it, so you can too
- it makes you feel so much more refreshed and energized!
- Our body is made up of 60% water, not getting enough water can cause dizziness, headaches, lack of concentration etc.

### What to eat:

- First **Grains**, at least half of your grains should be whole-grain. You should have 6 servings a day. One serving could be a slice of bread, another could be a bowl of cereal or half a cup of cooked rice/ pasta, preferably the size of a baseball
- **Vegetables**, eat a variety of colours and types. You should have 3-4 servings a day. A serving could be a cup of leafy greens and half a cup of raw or cooked vegetables.
- **Fruits**, as for vegetables eat a variety of colours and types. Have 4 servings a day. 1 medium fruit, quarter cup of dried fruit, half a cup of fresh, frozen or canned fruit and a cup of fruit juice.
- Fat- free or low- fat **dairy** products, 2-3 servings a day. Some ideas can be 1 cup of low fat milk or 1 cup of low fat yogurt and six slices of cheese.
- **Protein**, 3-6 oz per day, for example cooked meat and grilled fish.
- **Fats and oils**, 2 per day, you could use margarine or mayonnaise or vegetable oil to dress salads or meat.
- **Nuts and seeds** 3-4 servings per week, have a handful of nuts or a spread of peanut butter on toast.
- **Sweets**, limiting sweets will be healthy but having some sugar is a treat, instead of peanut butter use jam or instead of water at dinner have a glass of lemonade.

### Good foods before swimming:

- Now, swimmers that are in gold and silver do wake up early to make the 6:15 start for an early swim.
- A concern for parents or coaches is that not all of us are having breakfast before practice. As you know breakfast is the most important meal of the day!

- I know that before swim practice you should eat and wait at least an hour, to stop you from waking up so early, try snacking before practice as you need food, and afterwards eat a more nutritious breakfast.
  - Before swim practice eat things like:
    - Two pieces of toast with juice
    - Small bowl of cereal with low fat milk
    - Half a banana with peanut butter ( eat this at home but not at school)
    - Bagel with small amount of crème cheese
    - Apple sause and crackers
    - Energy bar or granola bar and low fat milk
    - Raisins and pretzels
- You don't have to eat all these just try them out. Eating this before practice will mean that you won't feel nauseous for not eating and you won't be sick because you didn't have a heavy meal.

Breakfast after swim:

- Breakfast after swimming needs to be eaten within 30 minutes after swimming.
- Some swimmers find that after swimming they have lost their appetite or stomach discomfort, this doesn't mean don't eat, you just have to use a liquid replacement, for example a shake or smoothie.
  - Foods to eat after practice:
  - One bagel with crème cheese and a banana
  - Bowl of oatmeal with raisins
  - One cup of low fat yoghurt, banana and orange juice
  - Waffle with low fat milk
  - Three pancakes with syrup and low fat milk
  - Breakfast sandwich with egg and ham with orange juice.

Bananas	They are high in potassium, and helps muscles work.
Apples	Apples have a good source of fiber and Vitamin C, these nutrients are particularly helpful in the skin.
Oranges	Oranges give us a wonderful burst of Vitamin C, which helps growth and repair body tissues.
Strawberries	Also very rich in Vitamin C, a cup of strawberries 160% of the daily recommended quantity of Vitamin C.
Smoothies	Good nutrients you should put in smoothies could be, leafy greens like spinach or kale, Greek yoghurt, berries.
Peppers	Great way to get Vitamin C and A nutrients, red have more than green.
Cucumber	They have a lot of water and provide good nutrients.
Carrots	Mainly contains vitamin A

Toast	Bread contains calcium, potassium, iron and magnesium.
Cereals	The most healthiest cereal is oatmeal/porridge. Good source of carbs and fiber
Granola bars	Have good fiber and iron, but be careful with the nuts and seeds has unsaturated fats and oils.
Crème cheese	Usually fatty foods like cheese butter and cream are not the best foods for us, but research is showing that a diet in high saturated fats could be a health benefit.
Milk	Milk contains a good amount of Vitamin D and potassium
Yoghurt	Calcium, vitamin B-2 and vitamin b 12
Eggs	Very nutritious. Contains: calcium, iron, potassium, zinc, manganese, vitamin E.
Baked Beans	Very good in protein and gives the body good fibers
Figs	Very high in natural sugars, good source of vitamin a, which helps health and wellness
Raisins	Give us calories and sugar, but also provide good amounts of iron and potassium
Water	Water is considered the most powerful nutrient

[http://www.heart.org/HEARTORG/HealthyLiving/Suggested-Servings-from-Each-Food-Group\\_UCM\\_318186\\_Article.jsp#.XGJBOs8zZ0s](http://www.heart.org/HEARTORG/HealthyLiving/Suggested-Servings-from-Each-Food-Group_UCM_318186_Article.jsp#.XGJBOs8zZ0s)