

Haden Hill Swimming Club

Nutrition and Hydration



ANYONE WITH ALLERGIES OR SPECIAL DIETS SHOULD CONSULT THEIR GP BEFORE CHANGING THEIR DIET

TOPS

Nutrition and hydration are extremely important, not just to improve your performance when competing and training, but for general well being too. As you train the healthier your diet is and also the correct hydration intake, the better you will become. Listen to your body's individual needs. You know when you are thirsty or hungry, and you know when and what time you are training or competing so you can eat and drink sensibly. There is no need to drink vast amounts of fluid before or during swimming. When training and competing it is important to consider all factors. These include the heat in the swimming pool, high summer heat, length of time of training or competing, other sport that day and what you have already had to eat and drink that day. You should make sure that you are hydrated properly well before you start, then take small amounts of fluid during swimming and then drink after competing or training to make sure you become fully hydrated. Always eat something after training or competing. Being dehydrated can make your concentration lapse and can make you feel tired.

1. We are **dehydrated** as soon as we wake in a morning, so start to drink properly at breakfast time
2. Hydration is not only achieved by what we drink but is affected by the foods we eat. Eating the governments recommended of 5 portions of fruit and vegetables a day helps keep us **hydrated**.
3. Fluid before activities such as swimming can be monitored. As soon as you feel thirsty you are "**mildly hydrated**". 1-2 hours before training you should hydrate by drinking about 8 mouthfuls of water.
4. If you are very hot when exercising you need to take regular small amounts of fluid.
5. If you are training or competing for 1 hour or less, water is the best fluid to drink during exercise.
6. Over 1 hours exercise, then a diluted sports drink can keep you hydrated more quickly.
7. Caffeine containing drinks such as tea, coffee and some sports/hydrating drinks can act as diuretics and should be limited before exercise.

NUTRITION: POINTS TO CONSIDER

1. Carbohydrates are what give us **ENERGY**. Wholemeal foods such as bread and pasta release energy over a longer period than the white variety. This helps maintain constant energy levels associated with better sporting performance.
2. Too much fatty and processed sugary food slows our bodies down because they are harder for the body to break down.
3. 1 part of protein and 2 parts of carbohydrate are adequate for the last meal before competition. Boys should have slightly larger portions of carbohydrates.
4. When competing on an evening and we are 'out and about' during that day, it is extremely important to still eat meals and not miss one out. This could be eating wholemeal, low fat sandwich or slice of pizza or perhaps a pasta portion. Avoid highly sugary and fatty fast foods. Don't forget to drink. Make sure you watch your salt intake, a little is fine.
5. A healthy and **VARIED** diet should cover your nutritional needs for vitamins and minerals.

Good Snacks

- Small low fat sandwich with ham and wholemeal bread
- Small banana
- Jaffa cake
- Half a flap jack
- Crumpet with no spread or low fat spread

Bad Snacks

- Too many sweets
- Chocolate
- Crisps
- Cakes
- Fizzy and sugary drinks

REMEMBER!

Some foods naturally contain Lactose (lactic acid) such as yogurt and milk. Limit intake to earlier that day of these items. Some snacks, especially salty ones have lactic acid in them so read the label!



POSSIBLE MENU'S

Give yourself time to eat and enjoy your food.

BREAKFAST

1. Medium bowl of porridge with spoon of jam or small banana and piece of toast with low fat spread.
2. Egg and bacon on toast and half a grapefruit.
3. Fruit salad with small pot of yogurt and topped with cereal and piece of toast with low fat spread.
4. Double portion of sugar free cereal and piece of toast with low fat spread.

Drink: Glass of fruit juice, water or milk.

LUNCH

1. Wholemeal, low fat sandwich with salad (Tuna or chicken). A homemade flap-jack.
2. 2 pieces of ham and pineapple pizza. Piece of fruit sponge.
3. Chicken wrap with low fat mayo and salad. A bag of nuts and raisins or 2 pieces of malt loaf.
4. Portion of vegetable, curry and rice. A piece of fruit.

Drink: Bottle of water or juice.

DINNER: 2 - 2.5 hrs before

1. Wholemeal pasta with chicken or turkey and portion of peas. 2 pieces of fruit loaf with little jam.
2. Large bake potato with portion of bake beans and small portion of cheese. Piece of low fat sponge cake or tinned fruit.
3. Low fat mild chicken curry with brown rice and portion of mixed vegetables. A baked apple with sultanas and small teaspoon of sugar.
4. Small portion of mild homemade chilli with rice or bake potato and portion of vegetables. Portion of low-fat ice cream and fruit.

Drink: Water or diluted juice.

TOPS: PORTION SIZES

Pasta: 2 cups of cooked pasta

Rice: 1 and half cups of cooked rice

THINGS TO REMEMBER

Make sure your pre competition and training meal plans follow these guidelines:

1. Choose a meal that's high in starch. Starch is easy to digest and helps steady the levels of blood sugar.
2. Consume only moderate amounts of protein. Protein foods take longer to digest than starch. High-protein meals may lead to increased urine production which can add to dehydration.
3. Limit fats and oils. They take too long to digest.
4. Restrict sugary foods. Sweets can cause rapid energy swings in blood sugar levels and result in low blood sugar and less energy.
5. Avoid foods and drinks that contain caffeine. Caffeine stimulates the body to increase urine output which can contribute to dehydration problems and a full bladder can be very uncomfortable.
6. Watch out for foods that produce gas. Certain raw vegetables, fruits or beans may cause problems for some young swimmers. Be aware of the foods that cause you problems and avoid them just before an event.
7. Within these guidelines, choose foods you like to eat.
8. Remember to drink plenty of fluids with your pre competition and training meal.

All day events like meets or other sports tournaments where an athlete is expected to perform more than once, minutes to hours apart can present special problems. Make the most of the situation and remember that the basic pre-competition and training meal guidelines still apply. You may have to eat several "mini" pre competition and training meals over the day. Each meal should be small (under 300 calories) and low in sugar and fat. Even though schedules can be hectic, try to avoid eating within one hour of event time. Sometimes, it's impossible to purchase suitable foods at the event. Foods and drinks that are available at the refreshment stand (such as hot dogs, chocolate bars and caffeinated drinks) are items that you shouldn't eat before performing. In these situations, you must plan ahead. For example, you can bring appropriate foods to the meet. Foods that spoil should be kept in coolers with ice packs to keep them cold. Above all, drink plenty of fluids. Dehydration can be a very real danger at all day events.



RECIPES

MEATBALLS WITH WHOLEMEAL SPAGHETTI: SERVES 4

Ingredients

- 500g lean mince beef
- 150g porridge oats
- 20g gravy granules
- Pepper to taste
- 1 large free range egg
- 3 tbsp's wholemeal flour
- Packet of wholemeal spaghetti
- 3 tins chopped tomatoes
- Fresh basil
- Pepper to taste

(Put bottom 3 ingredients into a large saucepan and reduce down and simmer).

Mix all of top ingredients apart from wholemeal flour. Use flour to mould meatballs and put onto a lightly greased baking tray and bake for about 25 minutes until cooked right through.

Meanwhile cook spaghetti as normal and drain. Put meatballs into tomato sauce and cook for further 10-15 minutes.

VEGETABLE PASTA BAKE: SERVES 4

Ingredients

- 400g dried wholemeal pasta
- 2 tins chopped tomatoes
- 2 tablespoons tomato puree
- 1 large onion chopped
- Frozen peas
- Frozen corn
- 1 chopped red pepper
- Pepper to taste
- Chopped fresh basil
- 6 tablespoons water
- Mild cheddar for topping

Put onion and red pepper into large saucepan with water and cook for 5 minutes stirring continuously. Add rest of ingredients apart from cheese and stir well. Add more water if needed. Cook for 15-20 minutes stirring occasionally. Turn into an oven proof dish and cover with a layer of cheese. Put into the oven until cheese melted.

ROASTED VEGETABLES WITH A WHOLEMEAL CRUMB AND CHEESE TOPPING: SERVES 4

Ingredients

- 4 Peppers - chopped
 - 5 large tomatoes - quartered
 - 8 mushrooms - quartered
 - 1 sweet potato- diced
 - 2 courgettes
 - 2 leeks- chopped
 - 3 tablespoons frozen peas
- Topping
- 8 slices of wholemeal bread crumbed

- 2 ounces of cheddar cheese
- Pepper to taste

Put all of above vegetables into a large greased oven proof dish and cover with crumbs and cheese. Put into a hot oven on middle shelf for about 30 minutes, until vegetables cooked.

BASIC CHILLI AND RICE WITH SALAD: SERVES 4

Ingredients

- 450g brown rice (cooked and drained)
- 2 tins chopped tomatoes
- 1 tablespoon of tomato puree
- 1 large onion-chopped
- 1 tin kidney beans in water
- Pepper to taste
- About 1 teaspoon of medium chilli powder

Cook minced beef in a large saucepan stirring continuously. When cooked, drain any excess fat from meat. Add chopped onion and cook for further 5 minutes. Add rest of ingredients and stir well. Add 2/3 tablespoons of water if needed. Simmer for about 10-15 minutes until tomatoes start to reduce. Serve with a green salad and brown rice.

COLD PASTA SALAD: SERVES 1

Ingredients

- 150g wholemeal pasta - cooked, drained and cooled with cold water
- 1 cooked turkey or chicken breast - cooled and chopped
- 1 chopped red pepper
- 1 tablespoon of low fat mayo
- Pepper to taste
- Fresh coriander chopped to taste
- Iceberg lettuce

Mix ingredients together to make a cold dish on a bed of lettuce. Alternatively use all of the above apart from pasta and put into a wholemeal wrap. You can also use a small tin of tuna in spring water instead of turkey.

BASIC FLAPJACK

Ingredients

- 550g oats
 - 150g sugar
 - 300g margarine
 - 200g or about 3 tablespoons golden syrup
- Deep baking tray well-greased

Melt sugar, margarine and syrup in a large saucepan. When it starts to boil, take away from heat and mix oats in well. Transfer to baking tray and push down with large spoon. Cook for 15-20 minutes in middle of oven until top begins to go golden brown.

Variations

- Add 100g sultanas with oats
- Add small tin of drained mandarins with oats

- Add 2 tablespoons of co-co powder when sugar, margarine and syrup melted
- Add 1 small stewed baking apple with oats
- Add 1 tablespoon of coconut and some glazed cherries

(When adding fruit it will make the flapjack a different consistency and may need a little more time in the oven). Cool for 10 minutes in tray before cutting.

SPONGE WITH FRUIT

Ingredients

- 2 free range eggs
- 150g frozen fruits (strawberries, Raspberries)
- 100g sugar
- 400g self-raising flour
- 200g margarine

Heat oven to about 200 degrees centigrade

Cream the sugar and margarine together. Add some flour and egg alternatively until all mixed in. Add 2 tablespoons of water if too dry. Mix until a soft consistency. Add frozen fruit and stir. Quickly put into middle of oven in individual portions or an 8 inch baking circle. Cook for 15 to 20 minutes checking after 10 minutes. Cool in baking tray for 10 minutes before turning out.

Alternatively use 2 tablespoons of dried fruit such as sultanas

CRANBERRY WHEAT LOAF

Ingredients

- 125g Sainsbury's Cranberry Wheat cereal.
- 150g brown sugar
- 150g sultanas
- 300ml semi skimmed milk
- 100g brown flour
- 1 and half teaspoon mixed spice
- Juice of ½ of a lemon

Put Cranberry Wheat, sugar and sultanas into a basin and mix well. Stir in milk and leave to stand for about half-an-hour. Mix in flour and mixed spice, lemon juice and put into a grease proof paper lined, 1lb loaf tin. Bake in a moderate oven 180 degrees (350 F) for about one hour



FOOD IN GENERAL

Pasta Macaroni, spaghetti, noodles, ravioli (plain or with sauce)	Meats, cheese, and oil add fat to the sauce. Use them sparingly.
Rice	Use a sauce low in fat and only as spicy as you can tolerate easily. Or try rice with a little soy sauce flavouring.
Potatoes - Baked, boiled, mashed, but not French Fries	Limit butter, gravy, or sour cream.
Starchy vegetables Peas, carrots, winter squash, sweet potatoes	Cooked vegetables are more easily digested.
Breads - Rolls, muffins, crackers, quick breads, bagels	Use nutritious, low-fat bread products and spreads.
Cereals - Oatmeal, other hot cereals, cold cereals	Avoid cereals with high sugar content.
Soups Noodle, rice, vegetable, clear broth, bouillon, or consommé	Choose low-fat soups. Eating large portions of chilli, split pea, or bean soups may lead to digestive problems for some swimmers.
Pancakes	Limit butter and syrup
Fruits, fruit juices	Use any juice or cooked fruit except prune. Oranges, bananas, and peeled apples are easily digested raw fruits. You may wish to dilute juices, especially in hot weather. Try hot cider or juice during cold weather
Milk products Low-fat milk, low-fat yogurt, low-fat cottage cheese, low-fat cheeses, puddings, "shakes" made with low-fat milk or yogurt and fruit and/or juice	Avoid high-fat milk products before games
Liquid meals in a can	Though not a substitute for solid foods in the daily diet, liquid meals are convenient for occasional pre Competition / Training use. You can make liquid meals at home using the following recipe, which makes about one quart: 1/2 cup of water / 1/2 cup of non-fat dry milk 1/4 cup of sugar / 3 cups of skim milk Flavour with a teaspoon of vanilla or cherry extract
Sweets, sugar and honey	After an initial rise, your blood-sugar level can actually drop below normal, resulting in a sudden feeling of tiredness or fatigue.
Tea, coffee, chocolate, cola	Caffeine consumption leads to dehydration
Fried foods, high-fat meats, fats, oils, gravies, sour cream, etc.	Fat digests slowly and therefore stays in the stomach longer.
Some raw fruits, vegetables, popcorn, nuts, dry beans and peas	Some of these foods may cause gas and/or an uncomfortable feeling of fullness during the game. An athlete needs to avoid the foods that give him or her problems.
Any new food	Don't experiment with new foods right before an event. If you experience any adverse reactions, your body has little time to recover
Fruit-flavoured drinks	Many drinks contain little fruit juice and a lot of sugar. Read the label.