



## Pocklington Dolphins ASC Diet Information – Eating for Glory!!

Simple changes to your diet can make a big difference to your swimming.

Top nutritionists say a balanced diet consists of around 60% Carbohydrates, 15% Protein and 25% Fat

This tied in with around 8 glasses of water a day is the way not only to improve your swimming but improve your day to day life.

For more general nutritional information check out the Food Standards Agency web site

### **Eating for Competition**

Try to plan your diet starting from the day before a gala or big swim.

Eat plenty of carbohydrates but try to avoid eating fats.

During the daytime try to take in at least 1 litre of fluid (not fizzy drinks!!) and to eat at least one of the following carbohydrate foods:



A bowl of cereal



Cereal Bar



Bananas



Water

Do not be tempted to over eat as this does not work!!

Below is a list of suggested food to eat as your evening meal the night before competition:



Noodles



Pasta



Potatoes (definitely no chips!!!!)

Rice

## **Competition Day**

Breakfast should be at a normal hour

Carry a drink bottle with you and remember to take a drink at regular intervals

If you are feeling thirsty it's too late as you are already dehydrated.

## **Breakfast**

Suggested food for competition day breakfast:



Toast with jam

Cereals

Scotch Pancakes with fruit

Beans or Egg on toast

## **Getting Ready to Race**

Do not eat 10-20 minutes before a race, as food does not have time to digest and will ultimately slow you down.

Refuel as soon as the race is over, not before. If you have more than 1 hour between races then a snack can be taken. Try one of the following:

Banana

Jelly Squares

Cereal Bar

If your gala is in two sessions, then you could take a light lunch of maybe cold pasta or even a banana sandwich.

Once the day is over start to fuel and rehydrate your body straight away. Have a low fat meal so that your food does not lay heavy in your stomach. This can consist of the following:

Noodles

Pasta

Pizza

Jacket Potato



At all times you must drink and make sure your body is fully hydrated