

Swimming and Diving Nutrition from Joseph Correa

The proper intake of proteins, fats, and carbohydrates for most athletes is:

Proteins: 15-20%, Carbohydrates: 60-65%, Fats: 20-25%

Complex Carbohydrates (each portion is considered one serving)

Morning Carbs (1 cup)

Oatmeal, 2 Slices of Toast, Raisin Bran Cereal, Oat Bran Cereal, Half a Wheat Bagel, Half a Slice of Pita Bread, 1 Bran Muffin, 1 Wheat Waffle, 1 Wheat Pancake

Mid-day Carbs (1/2 cup)

Brown Rice, Pasta, 1 Slice of Wheat Toast, Wheat Pasta, 1 Sweet Potato, 1 Baked Potato, Black, Kidney and Red Beans, Lentils, Pea

Proteins (each portion is considered one serving)

No more than 3 dark meats per week and a minimum of 3 types of fish per week.

Morning Proteins

4 Egg Whites, Ham 4oz., Fish (any) 4oz., 1 Can of Tuna, Slices of Turkey 4oz., 1 Cup of Shrimp, Steak or Read Meat 4oz., 1 Strip of Bacon, Chicken or Other Poultry 4oz.

Mid-day Proteins

4 Egg Whites, Ham 4oz., Fish (any) 4oz., 1 Can of Tuna, Turkey 4oz., 1 Cup of Shrimp, Steak or Read Meat 4oz., Pork 4oz., Chicken or Other Poultry 4oz.

Afternoon Proteins

Salmon 4oz., 4oz., Fish (any) 4oz., 1 Can of Tuna, Slices of Turkey 4oz., Salmon 4oz., Steak or Read Meat 2oz., Chicken or Other Poultry 4oz.

Vegetables and Legumes (1-2 cups total of any bellow)

Vary between raw leafy vegetables, cooked vegetables, and vegetable juice.

Morning V & L's

Lettuce, Tomato, Carrots, Spinach, Green Peas, Corn, Celery, Cucumber, Vegetable Juice, Squash, String Beans, Mushrooms, Sprouts, Beets

Mid-day V & L's

Lettuce, Tomato, Broccoli, Carrots, Spinach, Green Peas, Corn, Celery, Cucumber, Vegetable Juice, Squash, String Beans, Cauliflower, Mushrooms, Cabbage, Peppers, Sprouts, Beets

Afternoon V & L's

Lettuce, Tomato, Broccoli, Carrots, Spinach, Green Peas, Corn, Celery, Cucumber, Vegetable Juice, Squash, String Beans, Cauliflower, Mushrooms, Cabbage, Peppers, Sprouts, Beets

Fruits, Nuts and Seeds (vary between raw fruits, frozen fruits, fruit juice, and dried fruits)

Fruits (1-2 cups)

Apples, Pears, Bananas, Pineapple, Oranges, Tangerines, Grapefruit, Blackberries, Blueberries, Strawberries, Plums, Peaches, Cherries, Passion fruit, Papaya, Kiwi, Cantaloupe, Watermelon, Fruit juice.

Nuts (1-2 table spoons)

Peanuts, Cashews, Walnuts, Pistachio nuts, Almonds, Hazelnuts, Brazilian nuts, Pecans, Macadamia nuts

Seeds/Other (1-2 table spoons)

Sunflower seeds, Dried Pumpkin seeds, Flax seeds, Sesame seeds, Avocado, Black Olives, Green Olives, Flax seed oil, Canola oil, Olive oil

Dairy Foods and Snacks (each 1 serving)

Preferably low-fat dairies

Dairy Foods

1 Cup of Milk (8oz), 1 Cup of Soy Milk (8oz), Low Fat Cheese (2 slices), ½ Cup of Cottage Cheese, 1 Cup of Low-fat Yogurt (8oz), ¼ Cup of Low-fat Mozzarella Cheese, ¼ Cup of Soy Cheese, 1 Low-fat Ice Cream Yogurt Bar, 1 Cup of Low-fat Fruit Yogurt (8oz)

Snacks

1 Ice Fruit Bar, Dried Fruit (1/2 cup), Dark Chocolate (2 table spoons), 1 Multigrain Bar, 5 Low Salt Crackers, 1 Protein Bar, Pretzels (1/2 cup), Popcorn (1/2 cup), 1 Low-fat Rice Cake

Helpful tips:

Keep any condiments in your food to a minimum of one teaspoon per meal. Instead of sugar, use honey to sweeten your drinks and food or make sure its brown sugar.

Drink at least 6 to 8 glasses of water per day: Drink 1 glass of water when you wake up, 1 before every meal, and 1 before going to sleep.

Eat 6 small to medium size meal per day: Eat every 3 hours; use a timer, stopwatch or cell phone to keep track of time. Allow your body to digest food in an efficient manner and in a way that doesn't overwork the digestive system.

Chew then swallow: Allow your body to process food the way it should, so make sure to take time to chew food.

No carbs or fruit after sunset: Try to stay away from large meals after sunset, be sure to consume a healthy snack if need be to prevent overeating during those times or simply drink a glass of water.

Nutritional Guide for High Cardio Lifestyle Athletes (HCLA)

Monday-Saturday

20% carbs – 25% proteins – 20% vegetables and legumes – 15% fruits and nuts – 20% dairy foods and snacks

Or equivalent in daily servings

Carbs (2 servings) – proteins (2.5 servings) – vegetables and legumes (2 servings) – fruits and nuts (1.5 servings) – dairy foods and snacks (2 servings)

Sunday (some athletes don't train on Sundays or once a week so one day per week the food servings will change)

25% carbs – 20% proteins – 15% vegetables and legumes – 20% fruits and nuts – 20% dairy foods and snacks

Or equivalent in daily servings

Carbs (2.5 servings) – proteins (2 servings) – vegetables and legumes (1.5 servings) – fruits and nuts (2 servings) – dairy foods and snacks (2 servings)

***The percentages shown are for the daily consumption of these food groups and serving size are for the maximum amount of times you are allowed to consume these food groups.**

The Right Way to Drink Water

Water intake before the exercise, during the exercise and after the exercise should be properly planned.

1. Before training or competition consume 14-18 ounces of water two hours before any exercise. The two hour gap is enough to fully hydrate the body and leave enough time for excess water to come out of the system.
 - a. Take 5-7 ounces of water just 15 minutes before training.
2. During training or competition an athlete must constantly keep hydrating the body every 20-25 minutes with 5-10 ounces of water. Sports drinks are good sources of sodium which needs to be replenished in competition but should be mixed with some water to dilute the high sugar content they usually have to make them taste good.
 - a. Athletes who perspire excessively should consume 1.5g of sodium and 2.3g of chloride each day (or 3.8g of salt) to replace the amount lost through perspiration. The maximum amount should not exceed 5.8g of salt each day (2.3g of sodium). The carbonates in the sports drinks also help the muscles perform better. Athletes should also have an adequate intake of 4.7g of potassium per day to blunt the effects of salt, lower blood pressure, and reduce the risk of kidney stones and bone loss.
3. After training or competition an athlete should replace all lost fluids by drinking approximately 20 ounces of fluid for every pound of weight lost.

Athletes should sleep at least 5 hours but no more than 10 hours per day and take power naps during the day if you feel you need to get more rest. Sleeping allows your body to recover so that you can continue training the following day.

Things to Avoid:

Eating simple sugars and fats, and NOT consuming food with nutritional value will reduce your potential performance outcome and will lower your quality of health in years to come. A balanced diet is necessary to stay fit. It is still suggested that you stay away from prepackaged and canned foods, as well as foods with high fat content and not derived from natural sources. Natural sources of fat would be avocado, nuts, olive oil, etc. and these are good for you but in the right portions.

An athlete that does a lot of cardio exercise and don't consume any carbohydrates such as bread, rice, and pasta. You should consume some form of carbohydrates during the day to maintain the right energy reserves your body needs.

Not sleeping enough can severely affect your mental and physical condition during training and competition. Take the necessary steps to control the amount and quality of your sleep.

Better Performance through Antioxidants:

Change your nutritional lifestyle now to get long term results and faster recovery times.

The main source of antioxidants are:

Vitamin E: It is an antioxidant and helps protect cells from damage. It is also important for the health of red blood cells. Vitamin E is found in many foods such as vegetable oil, nuts, and leafy green vegetables. Avocados, wheat germ, and whole grains are also good sources of this vitamin.

Beta-carotene: It is a precursor to Vitamin A (retinal) and is present in liver, egg yolk, milk, butter, spinach, carrots, tomatoes, and grains.

Vitamin C: It is needed to form collagen, a tissue that helps in holding cells together. It is essential for healthy bones, teeth, gums, and blood vessels. It helps the body absorb iron and calcium, aids in wound healing, and contributes to brain function. You will find high levels of vitamin C in red berries, kiwifruit, red and green bell peppers, tomatoes, broccoli, spinach, and juices made from guava, grapefruit, and orange.

Selenium: It is a trace element and is also an important antioxidant.

***All information listed was found in the book “The Ultimate Guide to Swimming and Diving Nutrition Maximize Your Potential” by Joseph Correa Certified Sports Nutritionist.**