

Nutrition for Artistic/Synchronised Swimmers

Tips

- Eat to train, Eat to perform
- Eat enough food for growth and physical activity levels
- Eat plenty of fruit & vegetables; eat at least 5 or more servings a day
- Eat lots of different coloured fruits and vegetables
- Eat quality **protein** foods for growing muscles eg beef, chicken, fish, eggs (1-2gm of protein/kg body weight/day e.g. 60kgs requires 60-120gms protein/day.
Protein = 'Grow' food
- Regular meals and snacks are important. Snacks are particularly important before and after exercise
- Before training or competition fuel with **carbohydrates**. Carbohydrates are the main source of energy the body requires – at least 60% of your diet.
Carbohydrates = 'Go' food
- Eat a meal 3-4 hours before training or competing
- Eat a snack 45-75 minutes before training or competing
- Eat within 30 minutes after training or a game to re-fuel
- “Sometimes” or Treat Foods (best not consumed around training sessions or competitions - cakes & sweet muffins, pastries, fast foods, chips (hot & crisps), confectionery (lollies and chocolate)

Nutrition before Exercise - Fuel

Meal ideas: 3-4 hours before

- Small bowl of **pasta/rice**
- Roast **vegetable** salad
- Baked **potato** with filling (eg **baked beans**, **corn**)
- **Bread roll** - fillings (**chicken** or **tuna** or **beef**, salad)
- **Toasted sandwich** - fillings **ham**, **cheese**, **sweetcorn**, **baked beans**
- **Corn thins** – toppings **peanut butter**, **cheese**, avocado



Snack ideas: 1-2 hours before

- **Fruit** and **yoghurt**
- **Fruit** smoothie
- **Banana**
- **Creamed rice** with **fruit**
- Small bowl of **cereal** with **fruit** and **milk**
- **Nuts** and dried **fruit**
- **Cereal bar** with **nuts**



Nutrition during Exercise

Only required if training is 90+ minutes

- Banana (add peanut butter)
- Apple (add cheese or peanut butter)
- Vege sticks (add peanut butter or hummus)
- Scroggin – mixture of nuts, dried fruit & dark chocolate
- Water



Nutrition after Exercise - Recovery

Best within 30 minutes after training or competing – include a good protein source to aid muscle recovery

- Yoghurt and a banana
- Flavoured milk and fruit
- Homemade smoothie with fruit, milk and yoghurt
- Wholegrain breakfast cereal with milk
- Chicken and salad sandwich
- Peanut butter on wholegrain toast bread
- Bread roll with meat/tuna, salad.
- Poached eggs on wholegrain toast
- Replace fluid losses



Hydration for Artistic/Synchronised Swimmers

Tips

- Drink fluids to keep hydrated.
- Being hydrated before training and during competition ensures better quality performance.
- Water is the optimal choice and is important for rehydration
- Rehydrating is an essential part of recovery
- Suitable drinks for training, competition and recovery include:
 - Water
 - Mix of water and flavoured drink: 50% juice and 50% water
- Guide for fluid requirements:
 - 200-500mls prior to training or competing
 - 150-300mls during training or competing
 - 200-500mls directly after training or competing
 - 800mls to 1 litre in the hours following training or competing
- Sports drinks – only necessary when exercise is of a high intensity and long duration (over 60min). Provides carbohydrate and electrolytes.



Example of a Typical Training Day – Athlete

Time	Event	Advice
6am	Pre early morning training	Bread with jam and/or honey OR a banana AND water
6.45am	Early morning training 60mins	Gym, swimming, dance, cardio
8am	Post train meal BREAKFAST (within 30mins of training)	Natural muesli with low sugar yoghurt, fruit and milk OR Poached eggs on wholegrain toast OR Cooked oats with low sugar yoghurt, fruit and a hard boiled egg
10am	Morning Tea	Natural yoghurt and fruit OR Wholegrain crackers and cheese and tomato OR Homemade fruit muffin/loaf
12pm	Lunch	Wholegrain bread rolls/sandwiches with meat/tuna and salad OR Pasta/rice with meat and veges OR Roast vegetables and chicken salad
3pm	Pre train snack	Toast with banana or hummus OR Small bowl of cereal and milk OR Banana and yoghurt Water
4pm	Training 90+ minutes	750ml sports drink
5.30pm	Post training	Finish sports drink Yoghurt and fruit
6pm/6.30pm	Dinner	Lean meat and vege stir fry with rice or noodles OR Spaghetti Bolognese with salad OR Chicken wraps

Competition Day Eating

PRE EVENT	DURING COMPETITION	AFTER COMPETITION
<p>A low fat, carbohydrate rich meal is ideal 1-4 hours before you compete.</p> <p>Pre Competition Meal Ideas include:</p> <ul style="list-style-type: none"> ✓ Bowl of cereal, low fat milk, yoghurt & fresh fruit ✓ Smoothie with banana, berries, low fat milk, yoghurt, oats & honey ✓ Scrambled eggs on toast & a piece of fruit 	<p>As competitions may last for the majority of the day and run over several meal times, taking a variety of snacks and small meals along to the venue works well:</p> <ul style="list-style-type: none"> ✓ Cereal bars ✓ Liquid breakfast drinks ✓ Fruit and low fat yoghurt ✓ Sandwiches or wraps ✓ Frittata or a rice/pasta/couscous/potato salad 	<p>It is important to have a carbohydrate and protein rich meal or snack along with fluid as soon as practical after the event to help with recovery and hydration. Ideas include:</p> <ul style="list-style-type: none"> ✓ Fruit bread with jam or honey ✓ Fruit smoothie ✓ Flavoured milk ✓ Tuna/chicken wrap