

Practical Nutrition To Improve Performance

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Performance Nutritionist

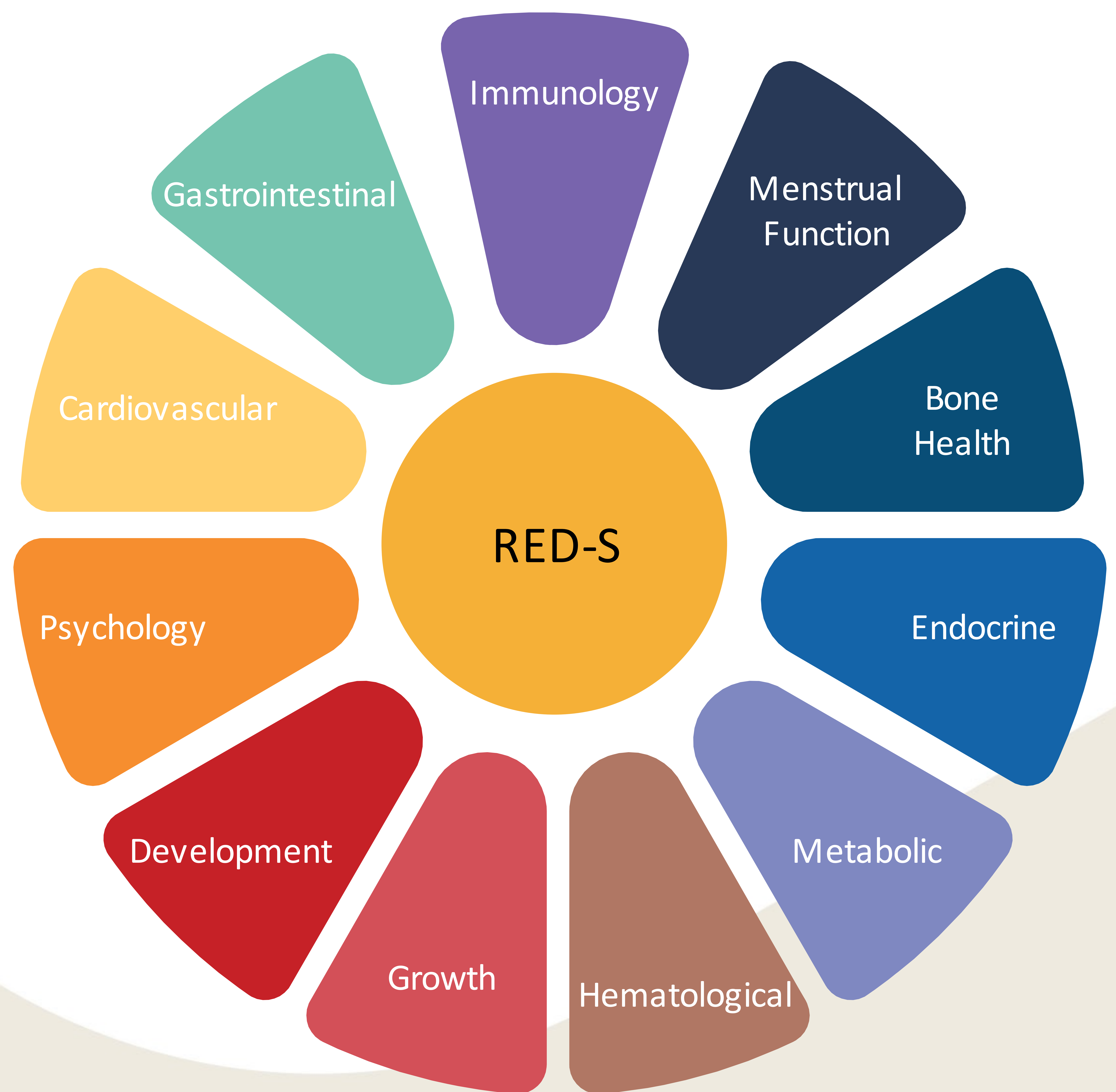


Train Hard...
... Swim Easy?

Foundation
↑ Performance



What
happens if
we don't fuel
correctly?



Why do we eat food?



Fuel for
Training



CARBOHYDRATES



Muscle

PROTEIN



Health &
Fuel

FAT

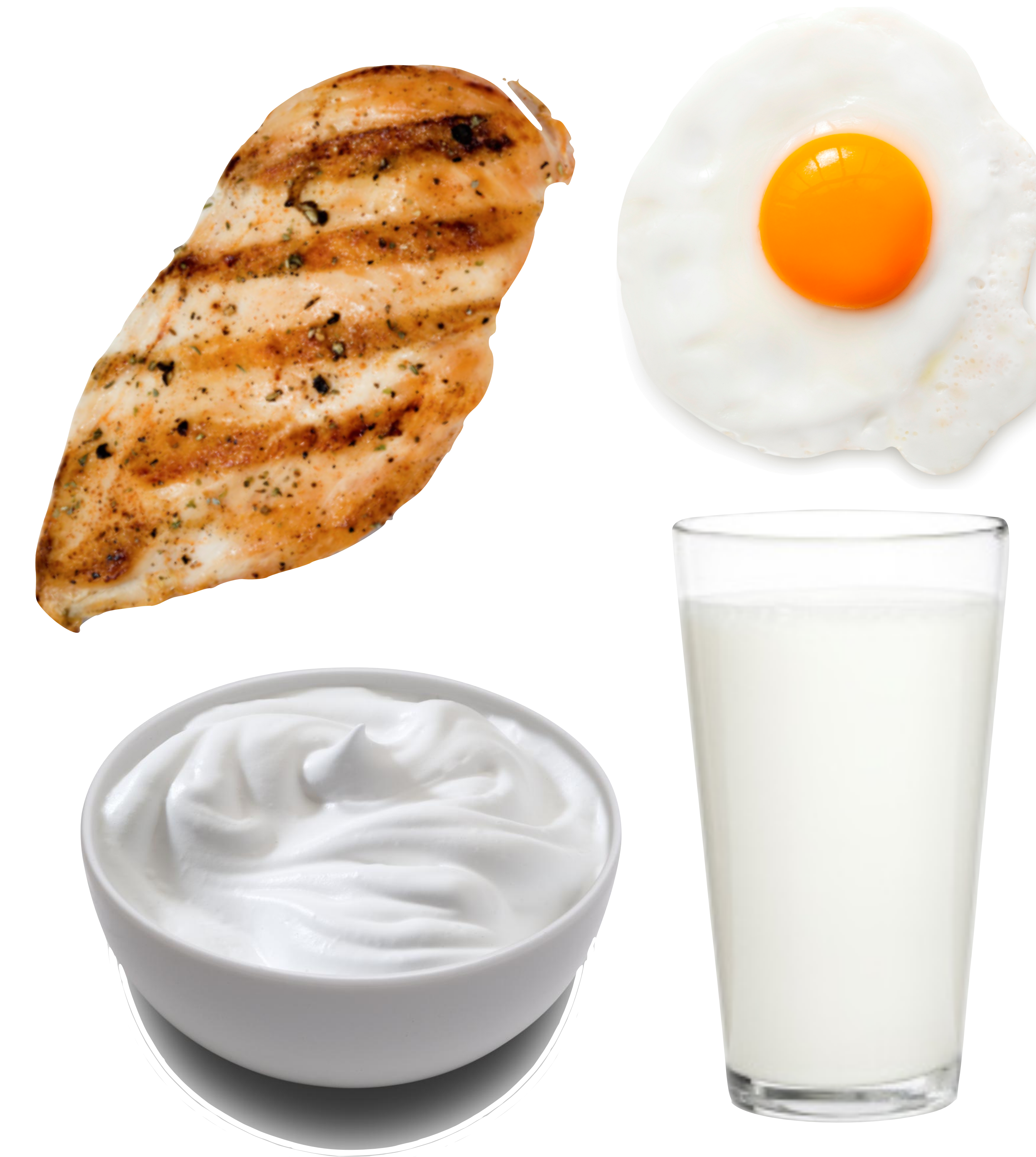


Health &
Growth

VEG & FRUIT



3Rs of Recovery



50-80g

REFUEL

Carbs

REHYDRATE

Fluids

REBUILD

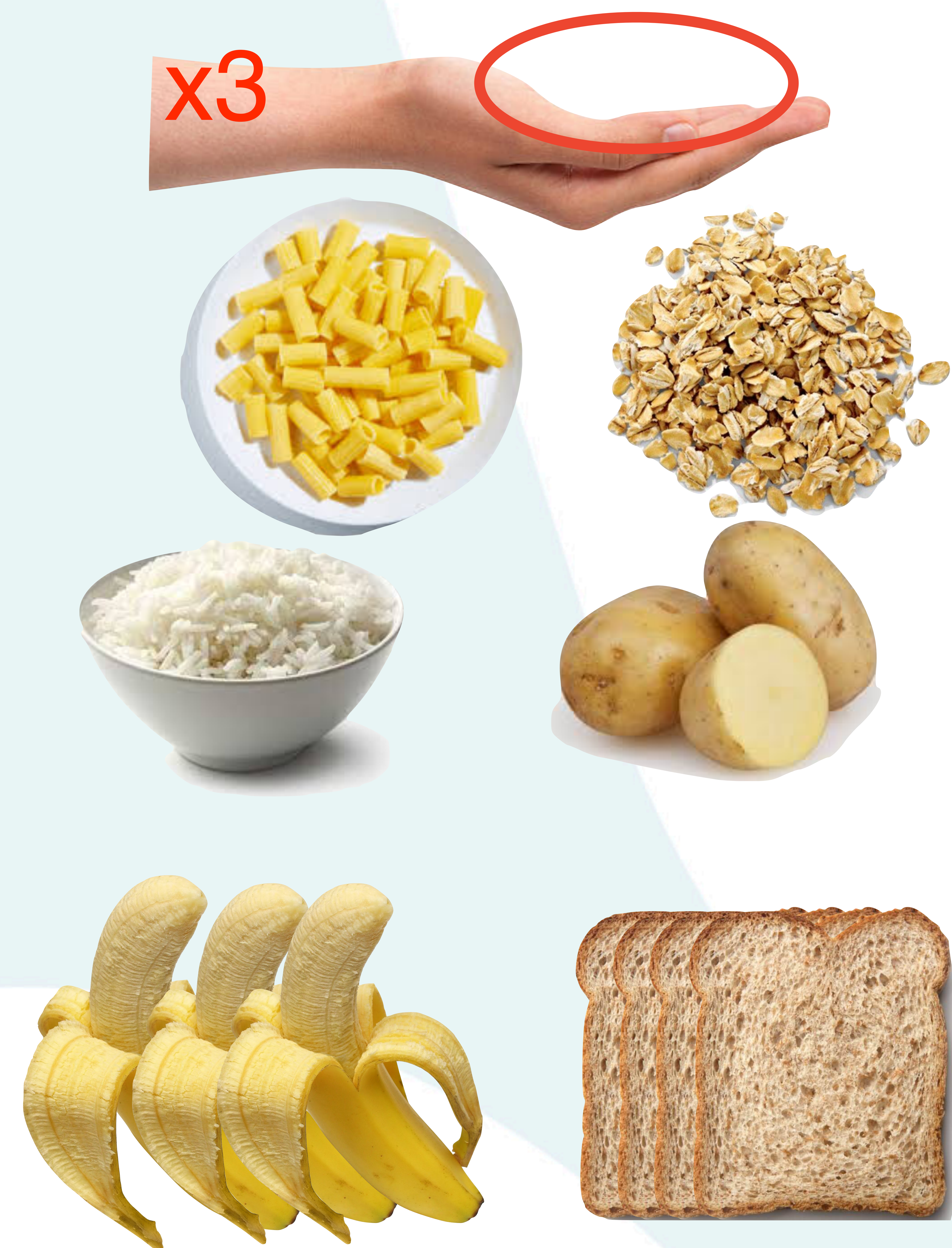
Protein

20-40g



Sip-Sip! 💧💧💧

CHO 60-70g Portion



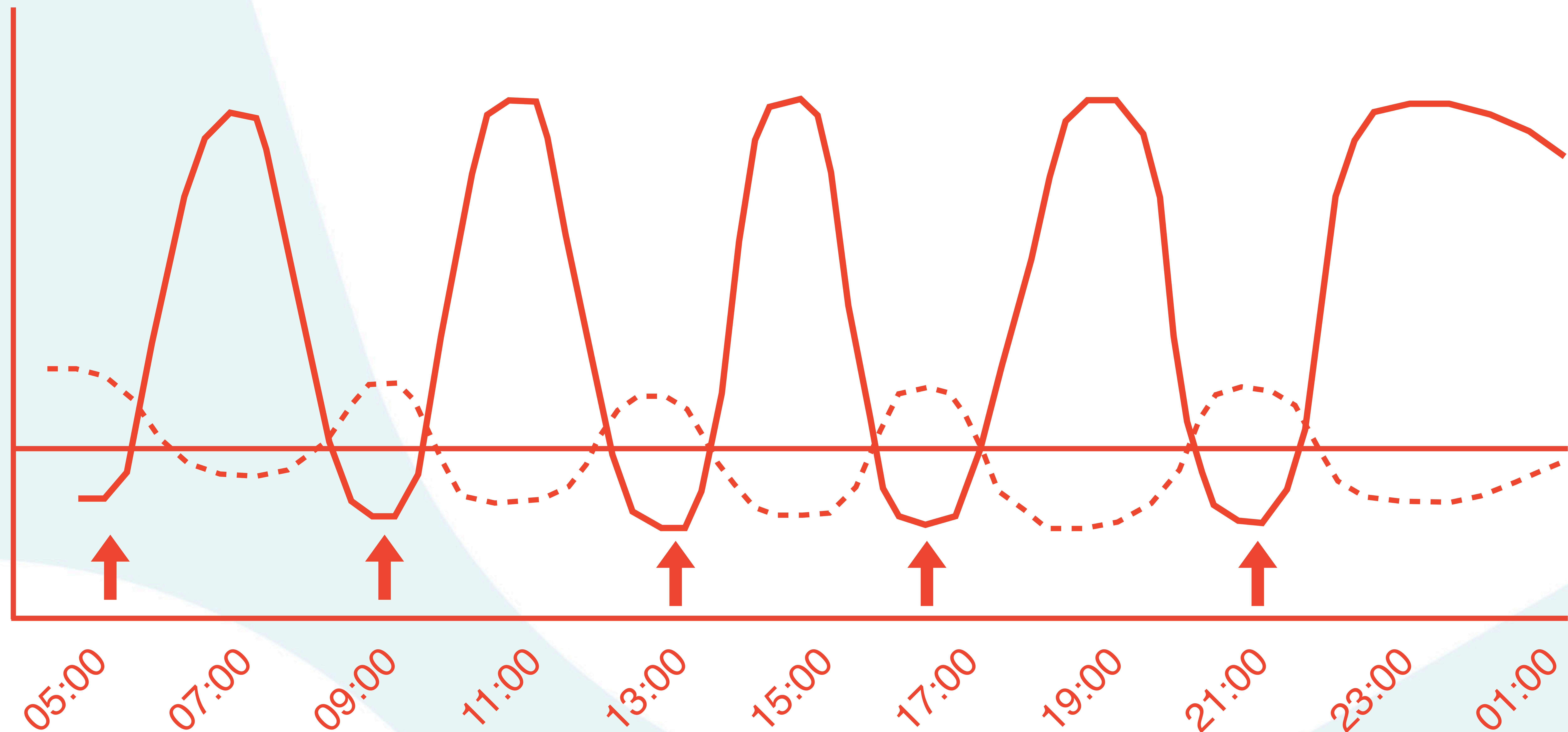
240–280kcal

PRO 20-40g Portion



80–120kcal

Daily Protein Intake:



Everyday...



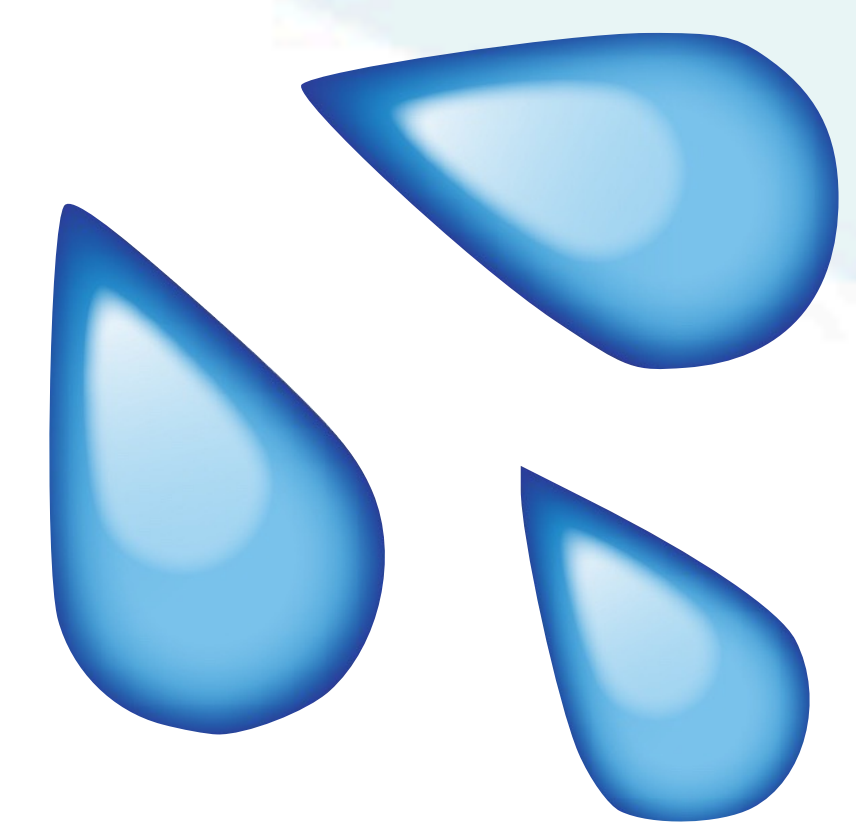
Spread Protein out Throughout



Fuel for the Work Required



3Rs of Recovery



Sip-Sip fluids

Energy Dense

Nutrient Dense







**Smoothies
= Quick Recovery...**

1. Consider your Carbs



Hard session?
↑ Carbohydrates!

 **Refuel**

1 Handful of Oats
1 or 1/2 Banana
1 tbsp of Honey

2.

Liquids

300-500ml milk

Splash water

100-200ml fruit juice

Rainbow

1-2 handfuls Fruit

1-2 handfuls Veg

100-200ml Fruit
Juice



Protein

300-500ml Cow's
milk

2 tbsp Skyr yogurt

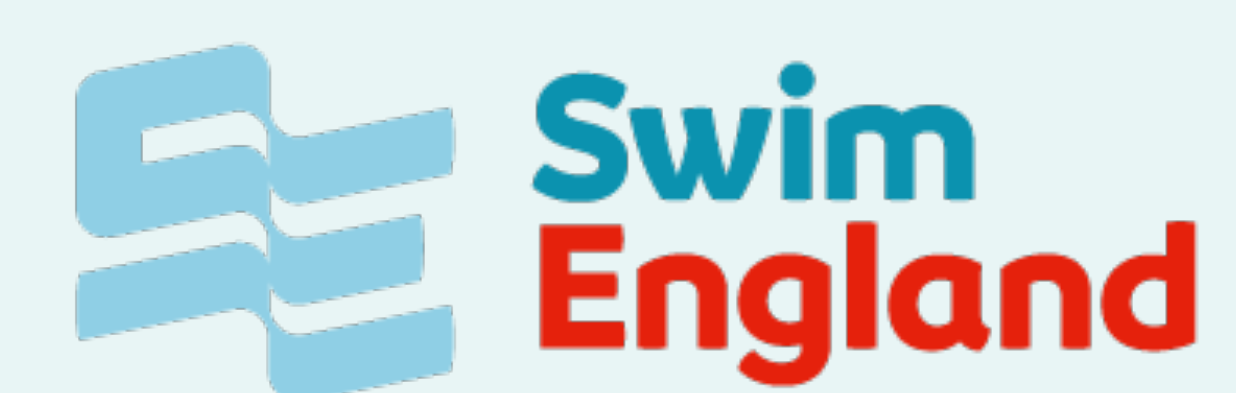
Tasty Extras

2 squares

Chocolate

1 tbsp Honey

1 tbsp Nut butter



Simple Snacks



4 Tablespoons
Granola



5 Tablespoons
Yogurt



1 Handful
Fruit



4 x
Rice Cakes

or



4 x
Ryvitas

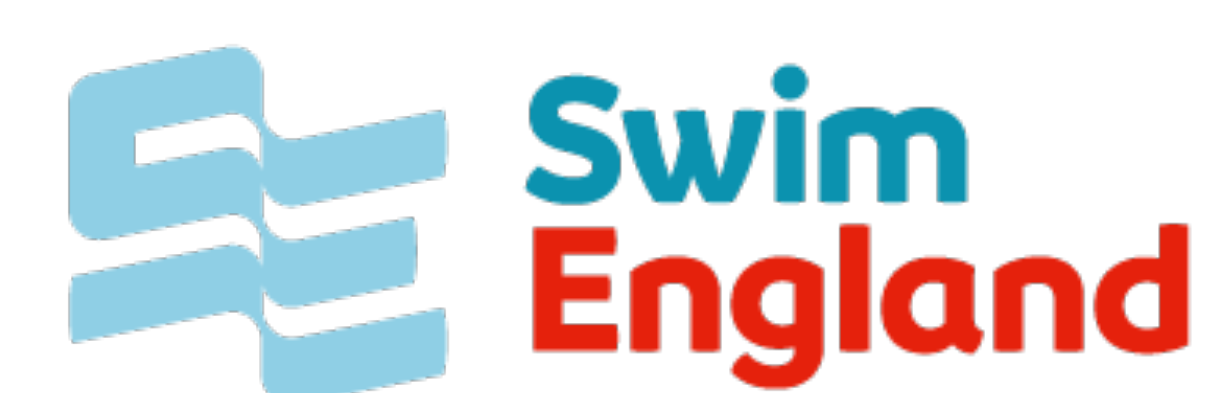


2 Tablespoons
Light Cream Cheese

or



2 Tablespoons
Nut Butter



Easy Bake Bars

Mix in a bowl...



100g Melted
Butter



2 Mashed
Bananas



100g
Honey



200g
Oats

Tasty extras to add...



2 Tablespoons
Nuts



2 Tablespoons
Seeds



2 Tablespoons
Dried Fruit



2 Tablespoons
Chocolate

Press mix into a small lined baking tin & bake for
20-25mins at 150°C



Overnight Oats

Mix in
tupperware...



100ml
Milk

+

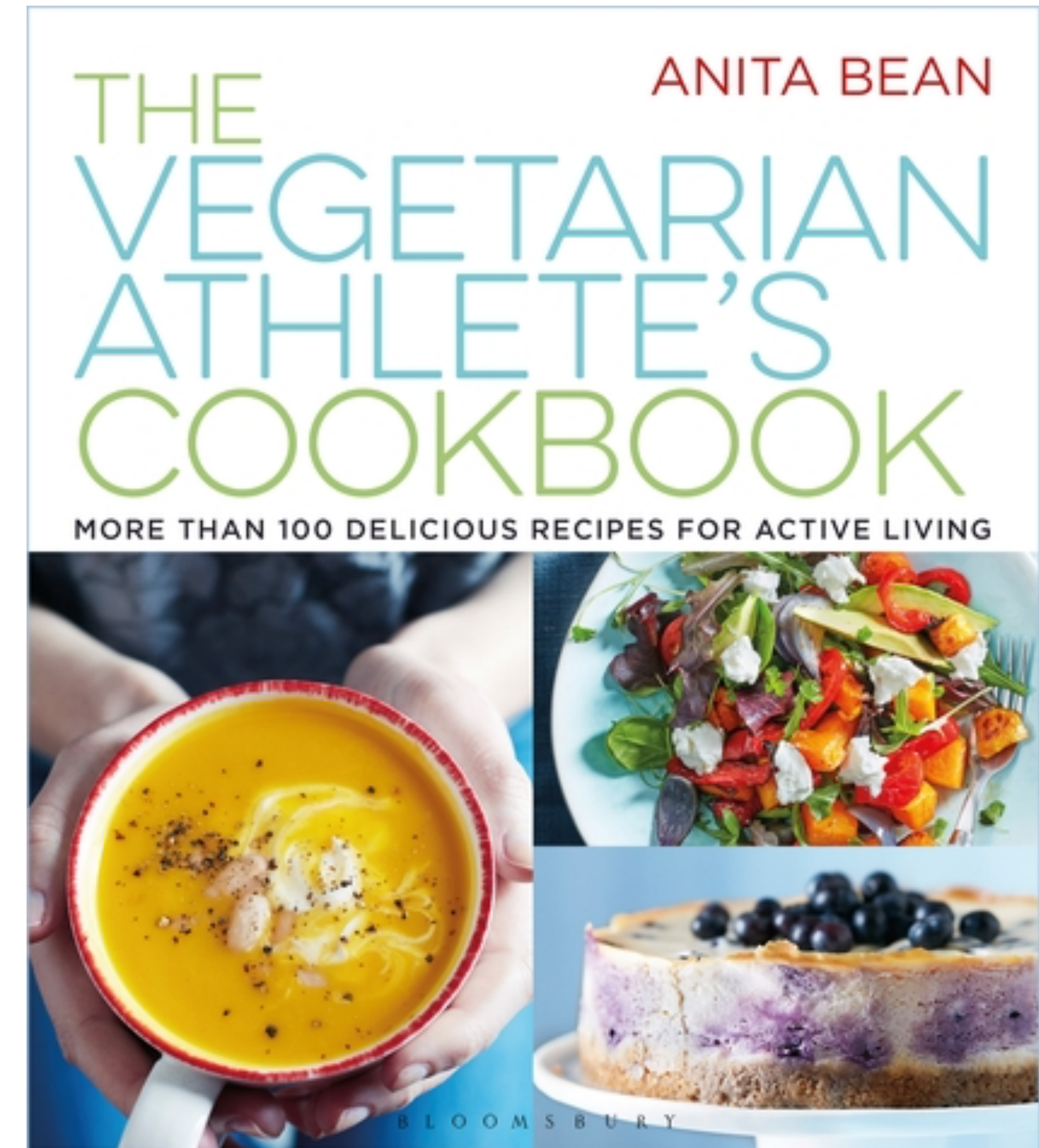


100g
Oats

Add some tasty extras...



Up-skilling your swimmer:



thefoodchampions.org



Questions?

Contact Information

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