

Susie Burrell  
Sports Dietitian  
0414 905 239  
[susieburrell@yahoo.com.au](mailto:susieburrell@yahoo.com.au)

## Good snacks for swimmers

Having regular meals and mid meals is extremely important for busy, young swimmers.

In order to make sure that your muscles are optimally fuelled for training and recovery, meal and snack choices should contain both protein and carbohydrates. Protein is important for muscle growth, repair and recovery, while the carbohydrate fuels your muscles.

Some examples of well-balanced snacks for swimmers include:

- A piece of fruit and a tub of low fat yoghurt
- Banana smoothie with low fat milk, Sustagen or Up & Go™ popper
- Chicken, ham, tuna or cheese sandwich on grainy bread
- Bowl of breakfast cereal with low fat milk and banana
- Homemade pizza on English muffin with cheese, ham and tomato
- 6-8 Vita Weat™ biscuits with low fat cheese and vegemite
- Homemade potato or sweet potato wedges with sweet chilli sauce
- 2 pieces of raisin toast and a low fat milk Milo
- Homemade fruit muffin and tub of yoghurt
- Toasted sandwich with small tin of baked beans or spaghetti
- Bakers Delight Fruit Scroll™ and tub of yoghurt
- Lebanese bread wrap with peanut butter, carrot and sultanas
- Banana bread and Low fat milkshake
- Low fat ice cream eg Paddle Pop™ and 6 Vita Weat™ with peanut butter
- Fruit bun and glass of orange juice
- Munchables Milk Protein Bar™ OR Special K™ bar with a tub of yoghurt

## **What swim coaches need to know about nutrition.....**

In small, local swim club, it is often the coach who is asked about issues related to athletes eating habits.

This information sheet outlines key nutrition areas coaches need to be aware of.

Remember that children learn eating habits that they will maintain for life. For this reason, it is a good idea for coaches to encourage good eating habits right from when children in their squads are small. Encourage water bottles at training and provide your athletes on ideas of appropriate snack choices to have before and after training. Have nutrition information available for parents that can be copied and regularly distributed to parents to give them ideas on healthy food options for their young athlete.

Often swim clubs will have a café/snack bar attached to the pool which may sell a number of less preferable food products for growing athletes such as lollies, chips and chocolates. Work with the food retailers on site at your pool to make sure that there are some healthy options such as breakfast cereals, low fat muesli bars, low fat flavoured milk drinks and appealing fruit options available at affordable prices for your swimmers. Special breakfast or after school packs can be developed specifically with the swimmer squad in mind and sold as a novelty pack.

Issues surrounding body image and weight will often become apparent when female swimmers reach their early teens and begin puberty. This biological process sees the lay down fat stores on females and can be closely related to abnormal eating patterns, as girls try and stop weight gain. Coaches are in the unique position of seeing their athletes regularly and can be in a key position to identify any of these abnormal eating patterns. If you do suspect one of your athletes has lost weight quickly or is displaying abnormal behaviours around food, refer them to the appropriate health professional.