

Nutritional Performance Plan for Seton Swimmers



FORTIS
WELLNESS

If you want your body to perform at its peak in the pool, you need to provide it with the proper fuel. Here are some tips to keep your engine in great shape.

1. Eat Real, Unprocessed Food

- Review the ingredients on your food labels. You want a short list with foods found in nature. The ingredient names should be recognizable.
- Eat lots of whole foods, which are label free. Eggs, avocados, and apples have one ingredient. Your body can easily use these foods to fuel your muscles.
- Limit (or eliminate) sugar and processed carbohydrates. They slow down your body and brain. Check your labels for sugar. 5 grams of sugar = 1 tsp of sugar.

2. Fuel with a Balance of Macronutrients

- A good jump off point for athletes is 40% carbs, 30% fat, and 30% protein. (caloric %)
- **Carbohydrate Examples:** Fruit, vegetables, and whole grains (e.g. brown rice, oatmeal, and quinoa)
- **Fat Examples:** Avocados, nuts, seeds, nut butters, coconut oil, eggs, butter, fish, yogurt, and olive oil
- **Protein Examples:** Fish, nuts, seeds, eggs, chicken, beef, bison, turkey, lamb, and beans with rice

3. Hydrate Well for Optimal Performance

- Drink 1/2 your body weight in ounces of water each day. (Don't exceed 128 oz.)
- Decrease or eliminate diuretics, which dehydrate the body. Examples of diuretics include coffee, energy drinks, and soda.