

The following is a summary of the thoughts of Dr. Louise Burke (Dietician: AIS)

Ideas for high carbohydrate recovery snacks and meals

You are
what you eat

When in doubt,
don't pig out
(ask for advice)

Dr. Louise Burke (Australian Institute of Sport)
Video: A Winning Diet for Swimming

Race Day is
not a free
licence to
consume
unlimited
amounts of
sweets

The following are (slightly modified) recommendations.
Do **not** snack on "lollies" before, during or after strenuous exercise;
such "nourishment" is too readily available, and, more than likely to be overdosed.
Prepare, practice, and consume alternatives.

1. Consume a high carbohydrate meal or snack within 30 minutes of completing **strenuous** exercise.
When in doubt, don't pig-out ... ask for advice.
2. Be organised. Assume nothing. **Take your own** sources of energy replenishment to the competition or training venue. Take your own drinks.
3. Aim for a snack providing at least 50-70g. of carbohydrate (1g. of CHO per kg. of body weight).
4. Aim for a total **daily** carbohydrate intake of 400-700g (7-10g. per kg.). Take account of the specifics of each swimmer .. *every athlete is an experiment of one.*
5. Carbohydrate-containing fluids are also low in bulk and may be appealing to athletes who are fatigued and dehydrated. These include sports drinks, soft drinks and fruit juices, commercial liquid meal supplements, milk shakes and fruit smoothies.
6. Aim for **small, frequent snacks** ... but think about what you need; don't let snacking take over and become a nervous reaction.
7. **Keep your fluids up:** water, rather than variations that may be more difficult to digest. Whatever you (your system) is used to processing. (When you feel thirsty, it's too late .. sip regularly from YOUR water bottle).
8. **Plenty of rest. Think about your team mates;** each athlete is different. Do not impose yourself on others ... follow what is right for you; allow others to do the same.
9. **Stick to your normal routine** .. organise yourself; sleep when you normally sleep; eat what you normally eat (easy to digest at a time when nervous reactions may interfere and disrupt).

Each of the following provide approximately 50g. of carbohydrate. Repeat the pattern after two hours or until normal eating patterns have been resumed.

Examples:

- 800-1000ml of sports drink
- 500ml of flavoured mineral water
- 3 medium pieces of fruit
- 1 round of jam or honey sandwiches (thick slices / plenty of jam or honey)
- 3 rice cakes with jam or honey

You should try the replenishment strategies you intend to use **before** you go to competition.

Keep your replenishment diet (and your general diet) as **normal** as possible until all competitions have been completed.

Do not relate fast food rewards or lollies to swimming performances;

e.g. "if you 'pb' we'll go to Maccas"

Rewards are important: the movies / a video or DVD .. treats or rewards that are personal

Also

At the 2002 Geelong *Spring Splash* and excellent presentation was offered by dietician Karen Campbell, to swimmers / parents and coaches.

Don't develop your skills (practice), only to waste the effort by poor preparation on race day.
Eating can be a reaction to nerves;
think about your needs.

Russell Parsons, North West Athletics