



What to eat at a swim meet

Swim meets are fun but tiring – between the all-out efforts, the warming up, the warming down and the emotional ups and downs of racing, it is vital to keep yourself fuelled over the course of each swim meet. And this means snacks! All the snacks!

But they must be healthy snacks that are easy to digest.

Breakfast:

Stick to easily digestible foods, even if you are nervous...

- Cereal with milk
- Porridge
- Banana with yoghurt
- Toast with jam
- Smoothie

Snacks between heats:

Make sure you are hydrated – drink lots of water. Sports drinks with electrolytes can be helpful.

When to eat: straight after you've warmed down from each race

Avoid: High fat and simple sugar foods as you'll get a sugar low.

Look for: Complex carbohydrates

- Plain sandwiches: honey, jam, cheese, peanut butter
- Fruit – bananas, grapes, apples, plums, pears
- Dried fruit – raisins, apricots, mango
- Smoothies or yoghurt
- Crackers or rice cakes
- Bagels/pita breads
- Pretzels
- Pikelets
- Cereal bars/muesli bars
- Small bags of unsalted nuts eg. Peanuts, cashews, almonds
- Pre-cut vegetable sticks eg carrots, cucumber, celery, peppers with hummus

Top tips:

- Aim for a three hour window between breakfast and when you expect to get up on the blocks for your race
- Half an hour before your race have a carbohydrate-rich snack for an energy boost
- Try to eat as soon as possible after your warm down
- Post-meet meal: focus on the protein!

Sources: <https://www.swimming.org/masters/what-to-eat-during-swimming-competitions/>, <https://www.yourswimlog.com/swim-meet-nutrition>

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