



MAAC Nutrition Summary

Here is a simplified guide to nutrition for the summer training season.

1. You have to eat more.
2. You have to eat the right things.
3. You have to stay consistent in your effort.
4. You have to get your rest. 8 hours per day
5. You have to drink plenty of water.

Pre Workout Meal (2 times per day)

Keep it simple. 1 banana, 3-4 strawberries, glass of milk and a piece of whole grain toast. If you want to, you can make a smoothie with the strawberries, banana and milk. Please do not go out and buy an expensive blender. I have a blender from Target that works just fine. This should be a light meal and it should be predictable. Don't worry about creating variety in the pre workout meal. This should be automatic

Other options:

Banana, apple, orange, grapes
1/2 cup of whole grain cereal and milk
1 bagel with peanut butter and 2/3 cup of raisins
1 cup of low-fat yogurt, 1 banana, and 1 cup of orange juice(add water)
1 turkey sandwich with 1 cup of applesauce

Workout Meal/Hydration During Workout (2 times a day)

We will have Gatorade(watered down) at workouts going forward. Swimmers will have Gatorade and water and will be expected to finish both the Gatorade and the water portions during practice. Coaches will mix gatorade for the swimmers.

Post Workout Recovery Drink (2 times a day) (Immediately after workout, at the pool)

We have done a lot of research on this. The key is to keep it simple.



Mucsl Milk-I know that a lot of swimmers drink Muscle Milk but, a new study was released stating Muscle Milk, along with many other recovery drinks, contain heavy metals that show no benefit to athletic performance and can actually increase toxicity of heavy metals as trace amounts of metals are found in our foods because of the types of fertilizers used to grow fruits and vegetables. Additionally, the product was found to be high in saturated fat.

P2Life-I know a few swimmers have purchased and are using P2Life. I just wanted to take a quick second to look at a few knowns vs. unknowns about the shake:

- 1) There are no third party/non P2Life reviews on any of the company's products.
- 2) There are a lot of processed chemicals and synthetic chemicals and additives including food color in the ingredients.
- 3) The main criticisms that I have about P2Life is that it is I have no information about the product.

Recovery drinks are meant to help the recovery process immediately after the workout. **Muscle growth will be determined by each swimmers' ability to eat the proper nutrients and enough calories to support muscle growth throughout the day.** It's not so much that the mixture makes the drink special, its that you are drinking something and getting good, natural calories into the body.

Recommended Recovery Drink for MAAC

Silk Dark Chocolate Almond Milk

We will purchase enough for one workout to see if the team can tolerate the taste. They do not have to like it, they just need to drink to replenish the calorie loss from the workout and start the recovery process by getting something into the system. Based on the number of swimmers attending the workout this summer, the cost will be approximately \$2 per day per swimmer but, we are looking to reduce the cost even lower. We will purchase the first day of recovery drinks and if everyone can stand the drinks we will order more. Each swimmer will have one 8oz. Silk Dark Chocolate Almond Milk at the pool immediately following workout.

Lunch and Dinner (2 sit down meals)

These are extremely important meals. You must get these meals in as soon as you can. The sooner you eat lunch, the quicker your recovery will be. The key for your meals is to eat unprocessed food as much as you can. If it can be organic, great. However, don't feel obligated to go to whole foods for all your purchases. Kroger and Publix are fine. If organic eating is tough on the budget, non organic is fine. Please do not stress.



The Anatomy of A Sit-Down Meal

You want to make sure you are eating enough protein, carbs, and fat (good fat). Stay away from processed foods heavy in sugar. Processed sugar is our sworn enemy when it comes to nutrition, particularly for athletes trying to build muscle.

Here's a simple approach to designing a Healthy Sit-Down Meal:

Protein (helps restore muscle tissue damaged during training)

Chicken

Salmon fillet, Trout (wild caught fish if possible and if its in your budget)

Lean pork (occasionally)

Lean beef (occasionally)

Black beans, Lima, Pinto, Kidney, Lentils

Lean ground turkey

There are other options for protein listed in the MAAC Nutritional Guide that has been provided.

Carbohydrates

Fruits and Veggies

Apples, Oranges, Bananas, Grapes, Spinach, Tomato, Cucumber, Carrots, etc.

(Please Refer to the MAAC Nutritional Guide under the link on the fourth page titled "Good vs Bad Carbs")

Pasta and Rice

Stick to your whole grain and wheat based pastas. Spaghetti, Vermicelli and Fettuccine.

Bread and Cereal

Whole grain cereal and bread (**STAY AWAY FROM WHITE BREAD**)

Fats

Our swimmers do need fat in their diets. Fat is an important energy source. Just make sure you are eating the right fats.

Good Fat

Peanut butter,

Fatty fish (salmon, mackerel, trout, sardines, herring),

Nuts (almonds, macadamia, peanuts, cashews, walnuts,

Soy milk

Tofu

Oils (olive, peanut, canola, sunflower, sesame, corn, soybean)

Seeds (Sunflower, sesame, pumpkin)



Learning How to Snack

You have to eat right when you snack. Again, keep it simple.

Here are a few options:

All natural trail mix. (You can go to the farmer's market and create your own.)

Fruit, yogurt, a healthy homemade smoothy, nuts, chocolate milk.

****Simple advice: Eat natural, unprocessed snacks. If it didn't come out of the ground or off a tree, don't eat it.****

To further summarize, Swimmers should be eating/drinking the following meals:

- 1) AM Light PreWorkout Meal
- 2) AM Gatorade and Water Combo consumed during Workout
- 3) AM Recovery Drink
- 4) Lunch-Sit Down Full Meal
- 5) Healthy Snack (recommended if hungry but, not mandatory)
- 6) PM Light Pre Workout Meal
- 7) PM Gatorade and Water Combo consumed during Workout
- 8) PM Recovery Drink
- 9) Dinner-Sit Down Full Meal
- 10) Late Night Healthy Snack (recommended if hungry but, not mandatory)

Drink Meals: 4 per day

Solid Food Meals: 4 per day (2 pre workout, 2 full sit down meals)

Snacks: 2 per day (as needed)

8 hours of Sleep (This is the key!!!!)

Please refer to the MAAC Nutritional Guide.



