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Healthy Eating Tips

Swimmers should always remember to eat healthy, but nutritious food and remain hydrated every day. It is important that this becomes part of your daily routine and not just the week leading up to competition or during the competition itself.

It is good practice to carry your water bottle at all times and sip regularly throughout the day. Snacks should be a part of your kit that is kept in your kit bag and replenished daily. Snacks are not, crisps, sweets or fizzy juice.

On days that you swim twice per day or even when you are competing for a full day or more, it is important that you are prepared for your day, bring a packed lunch/ tea of food that you enjoy and are happy to eat before training or competing, if time does not allow you to go home.

Remember facilities at training or competitions do not always have Cafes that provide the type of foods that an athlete needs, to assist them in recovery and refuelling, so always think ahead and be prepared.

Some tips and ideas on how you can eat healthy but nutritiously are as follows:

Eat plenty of foods rich in carbohydrate: this will help keep your energy levels high, particularly during tough training phases or during a competition.

Breakfast cereals: shredded wheat, weetabix, porridge, muesli and bran flakes
Bread: Wholemeal, granary, pitta bread, crumpets, bagels, rice cakes, pancakes and oatcakes
Pasta, rice and potatoes: wholemeal pasta and brown rice, boiled, mashed and jacket potatoes
Pizzas: Make your own or choose ones with low fat toppings
Pulses: Baked beans, kidney beans, haricot beans, chickpeas
Vegetables: All vegetables, just limit peas and sweetcorn as high in sugar
Fruit: All fruits
Dairy: Semi skimmed milk, yogurts
Biscuits: Digestives (plain), rich tea, jaffa cakes, fig rolls
Sweets: jelly beans, jelly babies, haribo
Fluids: Always drink plenty of fluids, non fizzy, a weak concentrate is good

Foods to avoid:

Don't eat too many chips, chocolate, sugary cereals, fizzy drinks, sweets or fast food. These are ok for a treat now and again but not part of an athletes every day diet.

Before Training or racing:

You should not eat a large meal just before, but you should have a light snack which is high in carbohydrates and low in fat.

During training or racing:

Carbohydrate rich snacks or drinks are vital to assist you with recovery and also help you re fuel. Never be without your bottle.

After Training or racing:

Within 20mins of training or competing it is important that you start the refueling/ recovery process and you should have something light to eat such as a banana, a cereal bar, digestive biscuit.



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