

# BRITISH SWIMMING WORLD CLASS PROGRAMME

## FACT SHEET

### The Basics Nutritious Snacks

As an athlete, your body requires more nutrients and calories than average. Snacks are essential to achieve optimal energy levels and recovery plans without the discomfort of over eating. This factsheet will provide some examples of simple snacks that are appropriate and nutritious for your training and competition programme.

Healthy nutritious snacks should be readily available to consume in between meals and before and after training and competitions. You need to organise your meals to suit individual preferences, timetable, appetite and comfort. More often than not this may mean packing appropriate snacks that can be consumed away from home at work, college or at your training venue for example. Practical considerations include food choices that require minimal preparation and storage. Preparing snacks to take with you will help prevent you from making do with foods that are available, which may not be the most appropriate for aiding recovery or performance (e.g. crisps, cakes, sweets, chocolate).

#### Pre-exercise snacks

Pre-exercise meals should prepare you for activity and leave you neither hungry nor uncomfortable with undigested food in your stomach. The size and timing of the pre-exercise meals are interrelated. It is not ideal to exercise on a full stomach; therefore larger meals should be consumed 3-4 hours before exercise, whilst smaller snacks can be consumed around 1-2 hours before exercise.



#### Post-exercise snacks

The timing and composition of post exercise snacks and meals depends on the duration and intensity of the exercise session (e.g. a harder, more intense session equals a larger portion). A snack high in carbohydrate and protein should be consumed immediately after training to enhance recovery for the next training session. Refer to *Recovery Nutrition* fact sheet for more information on pre and post exercise nutrition.\*



#### Practical nutritious snacks for school/work/college, before or after training:

- Crumpets/English Muffin with jam or honey or cheese
- Bread roll/bagel/tortilla wrap with cheese/lean meat filling
- 1 cup of fruit salad/2 pieces of fruit with yoghurt
- 250-350ml of milkshake
- 250-350ml of fruit smoothie
- Nuts and raisin mix
- Pre-prepared pasta or rice pots (200g) with low fat sauce (e.g. tomato, vegetables, lean meat)
- Cereal bars
- Cereal with low-fat milk and fruit
- Pancakes/pikelets with maple syrup, honey or golden syrup

\* Information sourced from Alex Popple Performance Nutritionist for British Swimming and English Institute of Sport.