Practical Nutrition

To Improve Performance

Jasmine Campbell
Performance Nutritionist

Swim England
Swimming

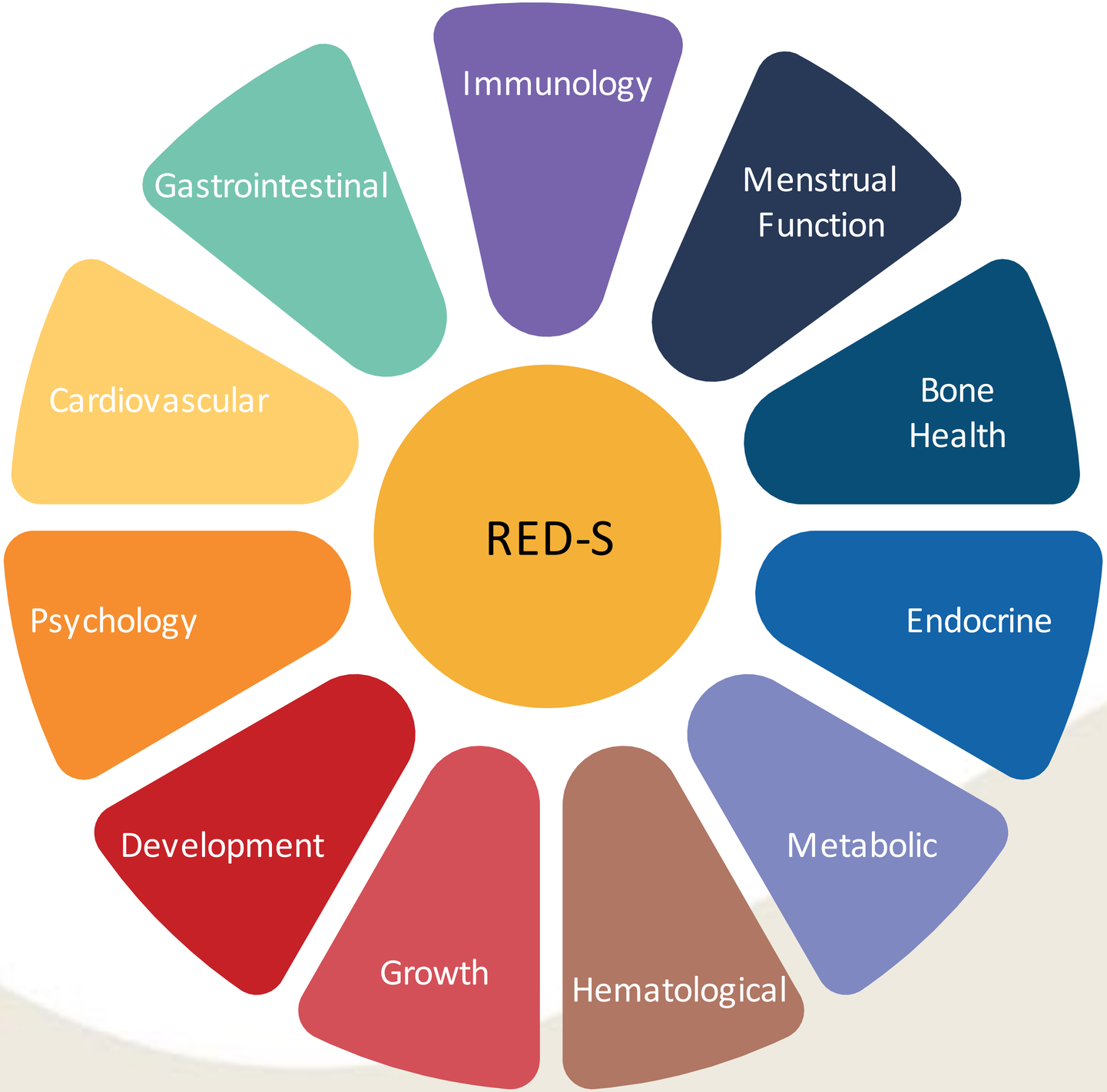
Train Hard…

… Swim Easy?

Foundation

↑ Performance

What happens if we don’t fuel correctly?



Why do we eat food?

Fuel for Training

Muscle

Health & Fuel

Health & Growth

CARBOHYDRATES

PROTEIN

FAT

VEG & FRUIT

✅ 3Rs of Recovery

50-80g

REFUEL
Carbs

REHYDRATE
Fluids

REBUILD
Protein

20-40g

Sip-Sip! 💦

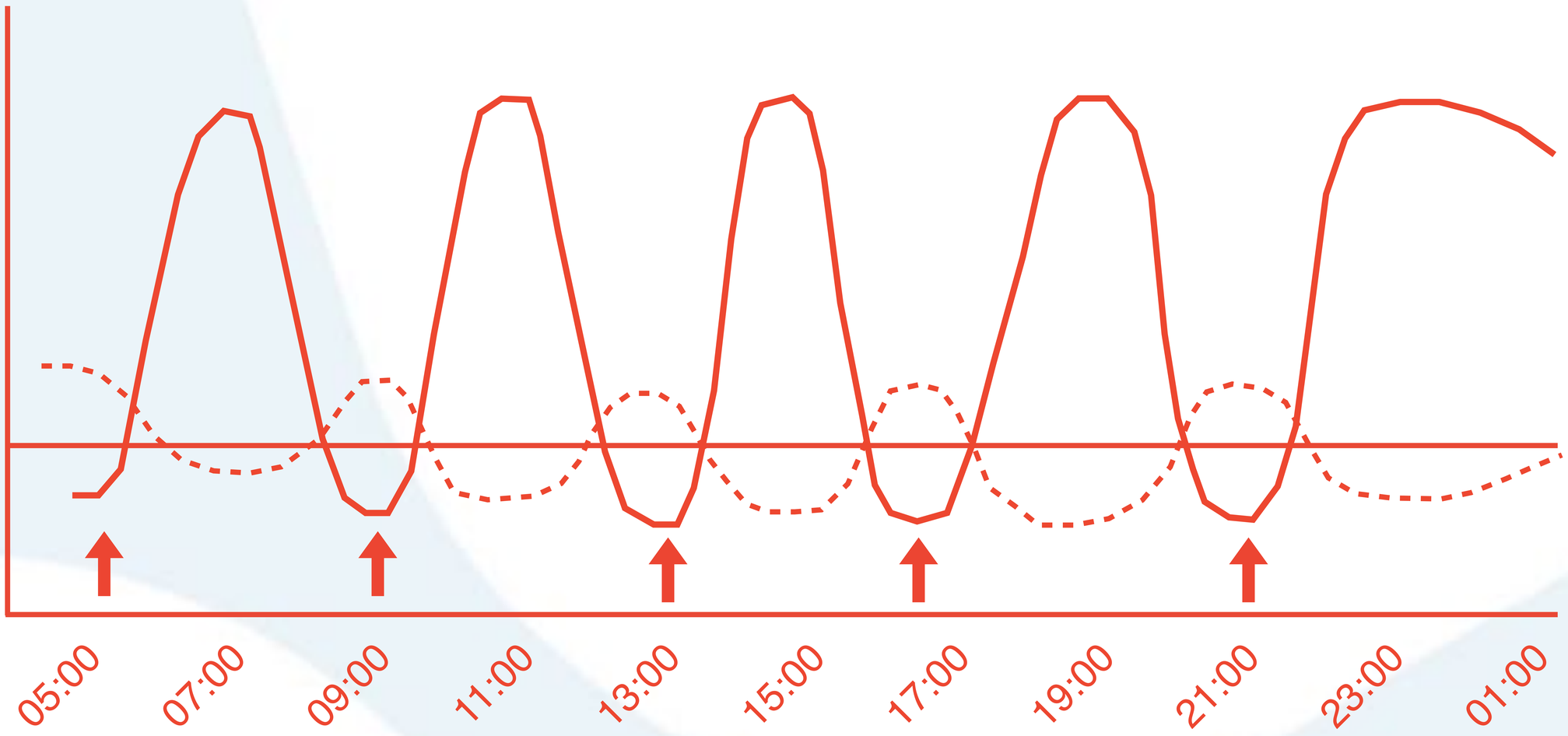
CHO 60-70g Portion

240–280kcal

PRO 20-40g Portion

80–120kcal

Daily Protein Intake:



Everyday…

- 💪 Spread Protein out Throughout
- 👑 Fuel for the Work Required
- ✅ 3Rs of Recovery
- 💦 Sip-Sip fluids

Energy Dense → Nutrient Dense

Smoothies
= Quick Recovery…

1. Consider your Carbs

Hard session?

⬆️Carbohydrates!

✅ **Refuel**

1 Handful of Oats

1 or 1/2 Banana

1 tbsp of Honey

2.

Liquids
300-500ml milk
Splash water
100-200ml fruit juice

Rainbow
1-2 handfuls Fruit
1-2 handfuls Veg
100-200ml Fruit Juice

Protein
300-500ml Cow's milk
2 tbsp Skyr yogurt

Tasty Extras
2 squares Chocolate
1 tbsp Honey
1 tbsp Nut butter

Simple Snacks

4 Tablespoons
Granola

+

5 Tablespoons
Yogurt

+

1 Handful
Fruit

4 x
Rice Cakes

or

4 x
Ryvitas

+

2 Tablespoons
Light Cream Cheese

or

2 Tablespoons
Nut Butter

Easy Bake Bars

Mix in a bowl…

100g Melted
Butter

2 Mashed
Bananas

100g
Honey

200g
Oats

Tasty extras to add…

2 Tablespoons
Nuts

2 Tablespoons
Seeds

2 Tablespoons
Dried Fruit

2 Tablespoons
Chocolate

Press mix into a small lined baking tin & bake for 20-25mins at 150°C

Overnight Oats

Mix in tupperware…

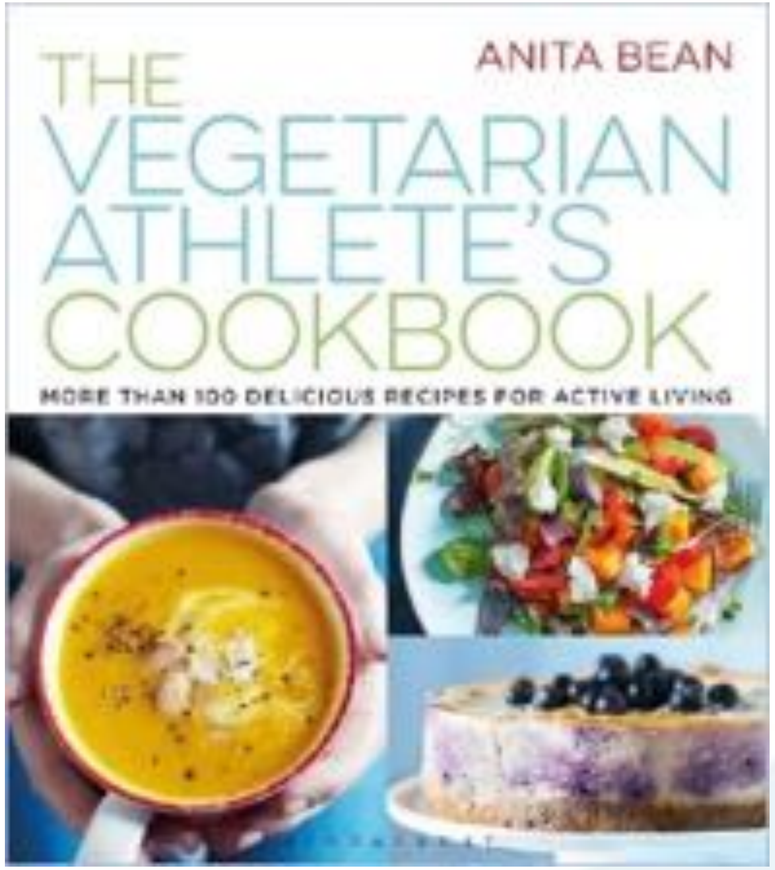
100ml
Milk

+

100g
Oats

Add some tasty extras…

Up-skilling your swimmer:



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Questions?

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