



## CONNAH'S QUAY ASC

### **GALA DAYS**

We all know that these can be very long days, so it is essential that all swimmers have enough food and drink with them, do not assume you can get appropriate food & drink at the venue. At break times, swimmers will need to eat a good meal, so make them sit down to have their lunch, but remember it is best not to eat or drink right before a race as you do not want to swim with a full stomach.

### **BREAKFAST**

It is important that swimmers have a sensible breakfast on the morning of the gala, if there is time. Some good suggestions are:

- breakfast cereals – fortified with vitamins and minerals, and served with semi-skimmed milk.
- bread and bread products – muffins, crumpets, pancakes with honey.
- cooked breakfast, with lean bacon, eggs, tomatoes, mushrooms and hash browns (all oven baked).

Drinks – this can be milk, fruit juice, or water.

Fresh fruit – bananas are very good source of energy, and again can be eaten en-route or included in a smoothie.

### **LUNCH/TEA**

It is better that swimmers have a packed lunch prepared, it is not always possible to get suitable food at all the venues we attend. The following are some ideas for lunch time:

- filled rolls/sandwiches/pitta breads/bagels with a protein base – try and use wholemeal varieties if possible.
- pasta/rice/couscous salads with a protein base, and vegetables mixed through it. Add low fat salad dressing or mayonnaise, if required.
- chicken pieces.
- salad or crunchy crudités – add dips for extra flavour.
- fruit – this can be fresh, tinned, dried, fruit smoothies, or juice.
- dairy products – yoghurts, probiotic drinks, piece of cheese.
- drinks.

### **SNACKS**

Probably the most important items that swimmers will need during the day. Snacks should be healthy, and easy to eat on poolside (but no sweets!). There is a large selection of snacks available in supermarkets. A few good ones to try are (but no sweets!):

- cereal bars, oatcakes, fruit/malt loaf, muffins, pancakes, teacakes, spiced buns.
- fruit – this can be as before.

### **HYDRATION**

As we all know the pool side can be a hot place to be all day so again it is vital to continually drink throughout the whole day.

- Its best to have a drink 15 minutes prior to a race or just before going to marshalling this will allow enough time for it to settle.
- Use a mixture of sports drinks (Lucozade, Powerade etc.) and water.
- It is recommended that swimmers should drink at least 500ml each hour to prevent dehydration occurring.

**Remember** - 2% dehydration can lead to a 10-20% decrease in performance!!!



### **BANANAS**

Easy and quick to eat, high in energy and can curb your sugar craving in the afternoon



### **UNCLE TOBY'S OATS**

A superfood and contains a natural source of energy. Great for breakfast and to start the day on a high.



### **QUINOA**

A supergrain of the future and one of the most protein-rich foods you can eat

### **TUNA**

Loaded with vitamins and nutrients, low in saturated fat and is an excellent source of protein



### **BROWN RICE**

More nutritious than white rice and a great accompaniment to vegetables



### **EGGS**

A great source of protein and helps you stay fuller longer



### **GRASS FED LEAN BEEF**

Tasty, lean and from a happy cow



### **CHICKEN**

Super dooper high in protein, jam-packed full of essential nutrients and vitamins, and incredibly versatile for meal choices



### **COTTAGE CHEESE**

Low in calories and fat but make sure you purchase the no-salt-added and low-fat products to gain its maximum nutritional value



### **YOGURT**

Loaded with vitamins and a great snack when you're on the run.