

## I. Good Fuel 365 Days a Year!

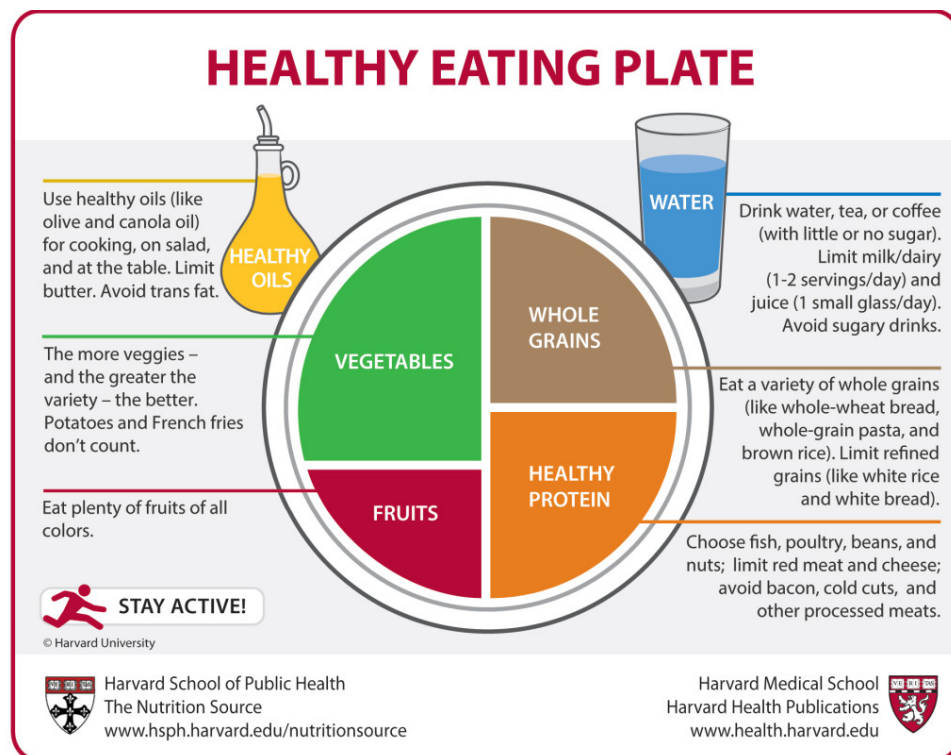
As a swimmer, your body is like a race car. It needs a constant dose of high performance fuel for maximum performance. High performance fuel in the form of nutrient-rich, balanced meals provide the necessary energy and enable the muscle/tissue recover that allow athletes to have high quality practices day after day. And a consistent dose of high quality practices makes faster swimmers!

So make good fuel a daily habit all year long. Waiting until the week or two before your big meal to clean up your fuel is tantamount to waiting until the week or two before your championship meet to start training seriously. Choose good fuel everyday, all year long!

*DAILY GOOD FUEL → DAILY HIGH QUALITY PRACTICES → FAST SWIMMING*

## II. How to Fuel Your Engine – My Healthy Plate (MHP)

While diets go in and out of fad, if we stick to the science and reputable sources\*, good fueling is pretty simple. To maximize performance in the pool, swimmers should strive to make every meal, every snack a My Healthy Plate (MHP). You can just look at your plate, and if its proportions are close to the one below, you're doing a pretty good job.



It boils down to this:

½ plate of vegetables, some fruit is ok  
¼ plate of healthy protein  
¼ plate of mostly whole grains  
a little healthy oils or fats ..... water or milk

Maybe your meals already look pretty close to My Healthy Plate. If so, good job! If not, make it one of your goals to work towards a My Healthy Plate. Each day commit yourself to putting more vegetables on your plate, or buying more lean protein for your family. Just do it. You'll be amazed at how simple Good Fuel is and how much better your engine runs on it!

- American Academy of Pediatrics
- Academy of Nutrition and Dietetics
- American College of Sports Medicine
- USA Swimming