

WHAT'S *YOUR* RACING FUEL? SHARE IT!!!

We are in the midst of championship meets. As we learned in last month's nutrition article "[What Should I Eat At A Swim Meet?](#)", choosing performance fuel to charge your engine is a key to successful racing.

SHARE IT! Share with us YOUR race day performance fuel! Either your swim meet performance fuel or a My Healthy Plate meal. Take a picture and send it to me at lisa@aquajets.com. I'll post the best submissions to my Instagram account "foodisfuel101" throughout the championship meet season. Come on, inspire us!!!

Below is a list, by no means exhaustive, of my favorite racing fuel. Use these examples as templates for choosing your own performance fuel. Then send me a pic!

Have fun, swim hard, cheer out loud for your team!

WHAT DO *YOU* EAT AT A SWIM MEET?

Meet Fuel Cheat Sheet:

- Mostly carbohydrates. A little protein is ok. Avoid Fat.
- Size of a snack.
- Nibble and sip throughout meet session.
- Pack a variety of foods.
- Drink water!

Examples – Lisa's Favorite Meet Fuel:

Water. Water. Water with everything!

Berries w/ coconut flakes Cliff Bar	Sliced Apple Pretzels	Dried fruit Cheese stick
Banana Cereal	Blueberries ½ bagel w/ peanut butter	Berries with almonds Hard boiled egg
Fruit Puree Rice Crackers	Carrots Pretzels and hummus	Banana and honey or peanut butter sandwich

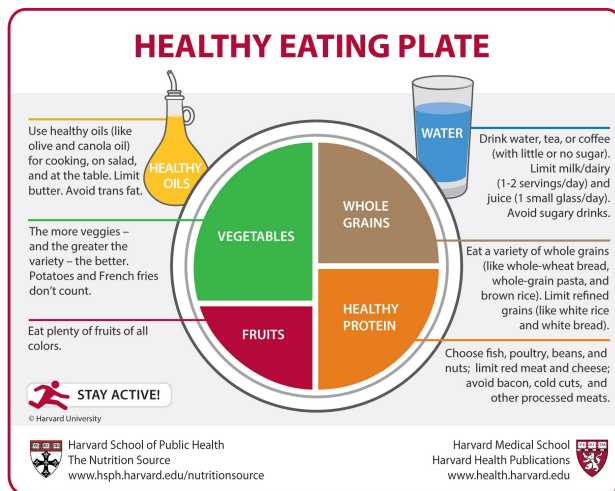
Things to AVOID during a meet:

- Candy
- Added sugars
- Fats
- Greasy Foods

- Carbonated drinks
- Eating too much
- Not eating enough
- Skipping breakfast or the pre-meet meal

WHAT DO YOU EAT FOR MAIN MEALS AROUND RACE DAYS?

My Healthy Plate Template:



Example - Lisa's Goto Racing MHP:

½ plate of Spinach or other greens
grilled salmon or other fish
quinoa salad or brown rice

