





Nutrition Bits and Bites

“Recovery Eating:”

It is important to refuel and rehydrate within 30 minutes after training.



Good recovery food choices help:

-  Replenish muscle fuel stores
-  Prevent muscle breakdown
-  Boost immune system
-  Improve performance quicker by allowing you to train harder.

Good Snack Choices have natural foods from 2 food groups:

Sliced fruit and yogurt
Cheese and crackers
Trail mix with lots of raisins
Fruit to go bar and milk
Peanut butter and banana
Carrot stick and hummus
Sushi rolls
Toast and peanut butter
Cereal and milk
Sports bar
Granola

Fuel for Swim meets or Before Practice

Raisin Box
Oatmeal
Fruit cup
Banana
Oranges
Watermelon
Fruit smoothie
V* juice
Animal crackers
Sport drink
Granola bar
Cereal bar
Bagel
Crackers
Fig Newton
Rice cakes
Cheerios or other cereal
Dried fruit



Leave behind high fat items such as donuts, chips, ice cream, pizza:

The work of digesting these will “steal” blood supply from your hard working muscles

Lunch Items for Swimmers

Yogurt tubes, Yogurt drinks
Milk to go
Smoothie juice
Carnation breakfast anytime
Chocolate milk
Frozen yogurt
Plain hamburger
Baked potato/ chili
Veggie rice and chicken stir-fry
Chili dog
Grilled chicken burger
Fruit sorbet
Frozen juice bar
Inari
Cheese strings
Soup in a thermos
Mini cereal boxes
Instant soup
Sports bar
English muffin with egg
Sandwich with tuna

Got This ‘n That to Sell???
Used Breaker wear?
Starting with next newsletter, we will have a “classified” section for communication amongst members. Contact Colleen: grtcot@telus.net or Alex: agodbeer@shaw.ca