

# **FUEL FOR YOUR STROKE**

## ***PROTEIN***

### ***Nutrition Session 3***

For swimming, carbohydrates are the most important nutrient because it is the easiest way to get the energy you need to move and swim faster.

Protein is an important part of your diet because: It helps repair your body after training, helps you grow properly, and helps your muscles get stronger.

It is best to eat a variety of protein. Examples include: lean cuts of beef, chicken, and pork with the visible fat removed, fish, eggs/egg whites, low fat cheese (string cheese, cottage cheese)nuts (almonds, walnuts, and pistachios) peanut butter, peas, edamame beans.

Ideally the protein sources you eat should be lean and low in fat. Try and opt for grilled or baked meat and avoid fried meat whenever possible.

Sausage, pepperoni, fried fish, fried chicken, fast food hamburgers especially the ones with the sauces (ex. Big Mac), bacon, bologna, and hot dogs are all examples of poor choices of protein. They contain too much fat and sodium which will hamper your performance.

The recommended daily allowance of protein DOES NOT vary in times of strenuous exercise. However, there is a wide range of protein intake which people should consume according to their period of development.

### **REMINDERS**

Fill  $\frac{3}{4}$  of your plate with carbohydrates and  $\frac{1}{4}$  of your plate with protein.

Include protein in your post practice and post event meal/snack to aid recovery. Easy protein sources for the road include peanut butter, nuts and energy bars. This will ultimately lead to faster times.

DO NOT forget to include carbohydrates. The foods best equipped to help with recovery are a mix of carbohydrates and proteins.

Dinner can be tricky with swim practice during dinner time. It may be worth it to set aside time during the weekend to cook the upcoming week's dinner, then freeze the food. For example, make a huge pot of pasta add chopped vegetables, a protein source such as chicken breast, and toss with vinaigrette dressing. Eat it cold or warm it up, or add some crusty bread as a side.

### **IDEAS FOR EATING OUT AFTER MEETS**

If you go to fast food restaurants, try the grilled chicken sandwiches/salads/wraps, single patty burgers, yogurt parfaits,

apple wedges, milk or chocolate milk. Milk is a great recovery drink, one cup contains 12g of carbohydrates and 8 grams of protein (skim or 2% is better than whole milk).

When you go out for pizza, try cheese thin crust with vegetables or just cheese. Canadian bacon is a great alternative to sausage and pepperoni. It is a source of protein with much less fat. Cheese is a source of protein as well.