Post-Training and Post-Competition:

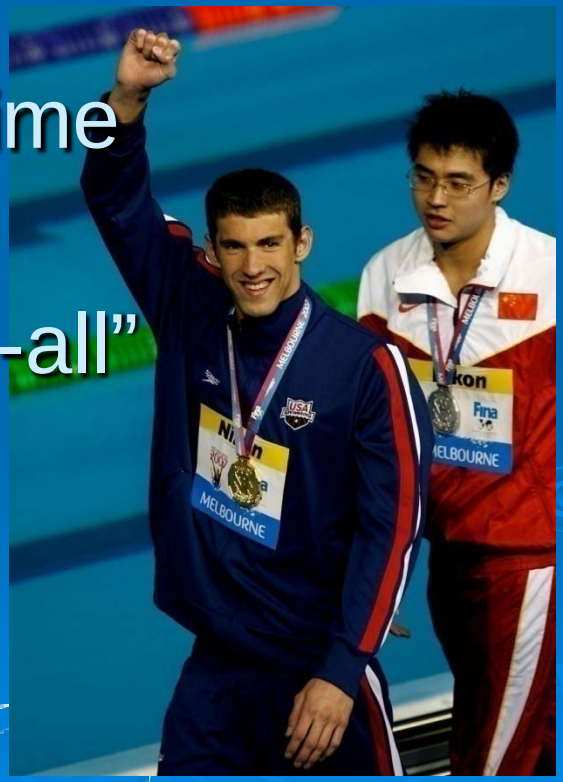
Nutrition & Cool Down

2010

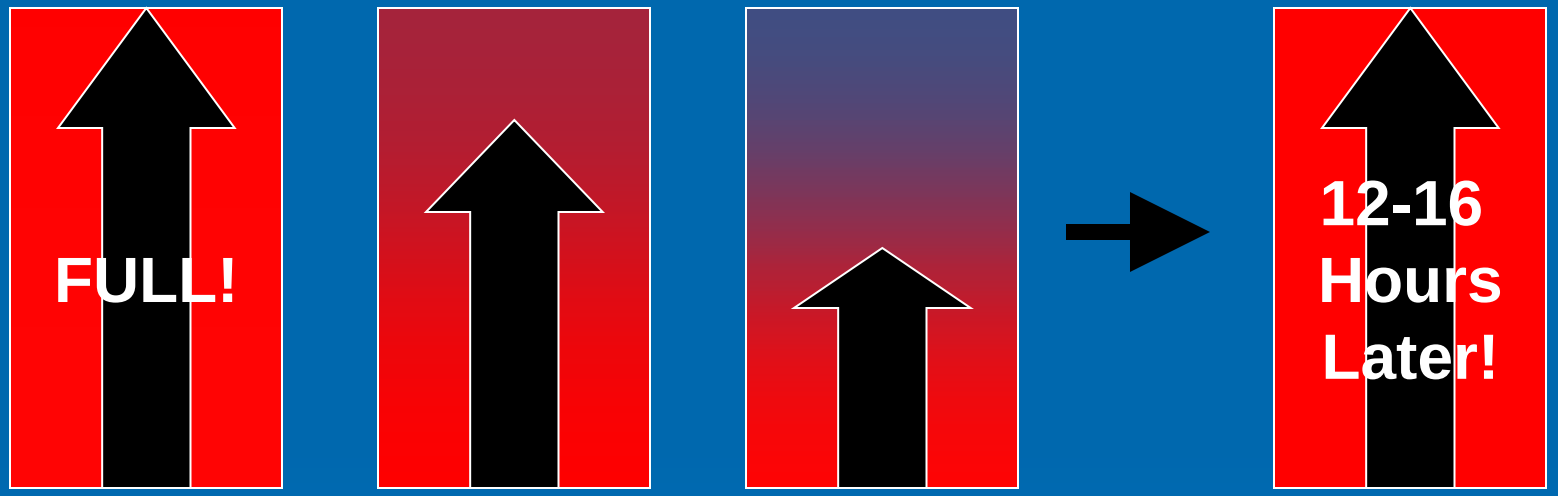
CLUB DEVELOPMENT DIVISION
Sport Performance Consultants

Prepare Your Body Nutritionally for Training and Racing

- Good Nutrition Habits Over Time Positively Influence Training
- Good Nutrition Habits Over Time Positively Influence Racing
- Pre-event Meal is not a “Cure-all”



Good Nutritional Habits

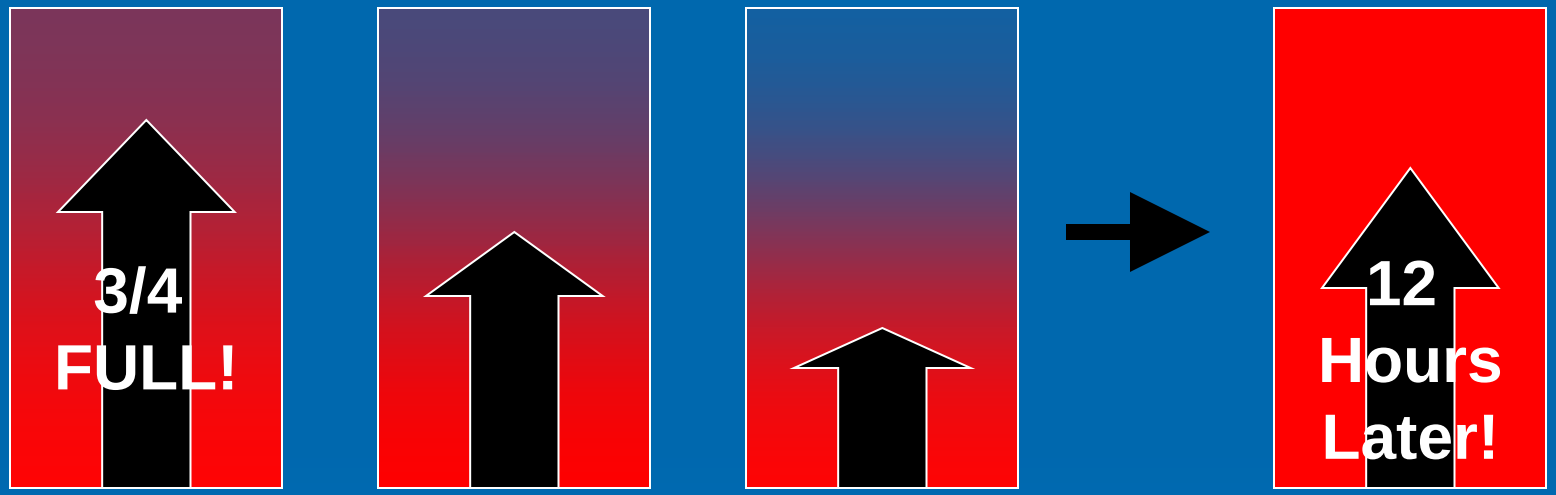


Pre-Training
Monday AM

During Training
Monday PM

Post Training
Monday PM

Poor Nutritional Habits



Pre-Training
Monday AM

During Training
Monday PM

Post Training
Monday PM

Support The Body's Energy Needs

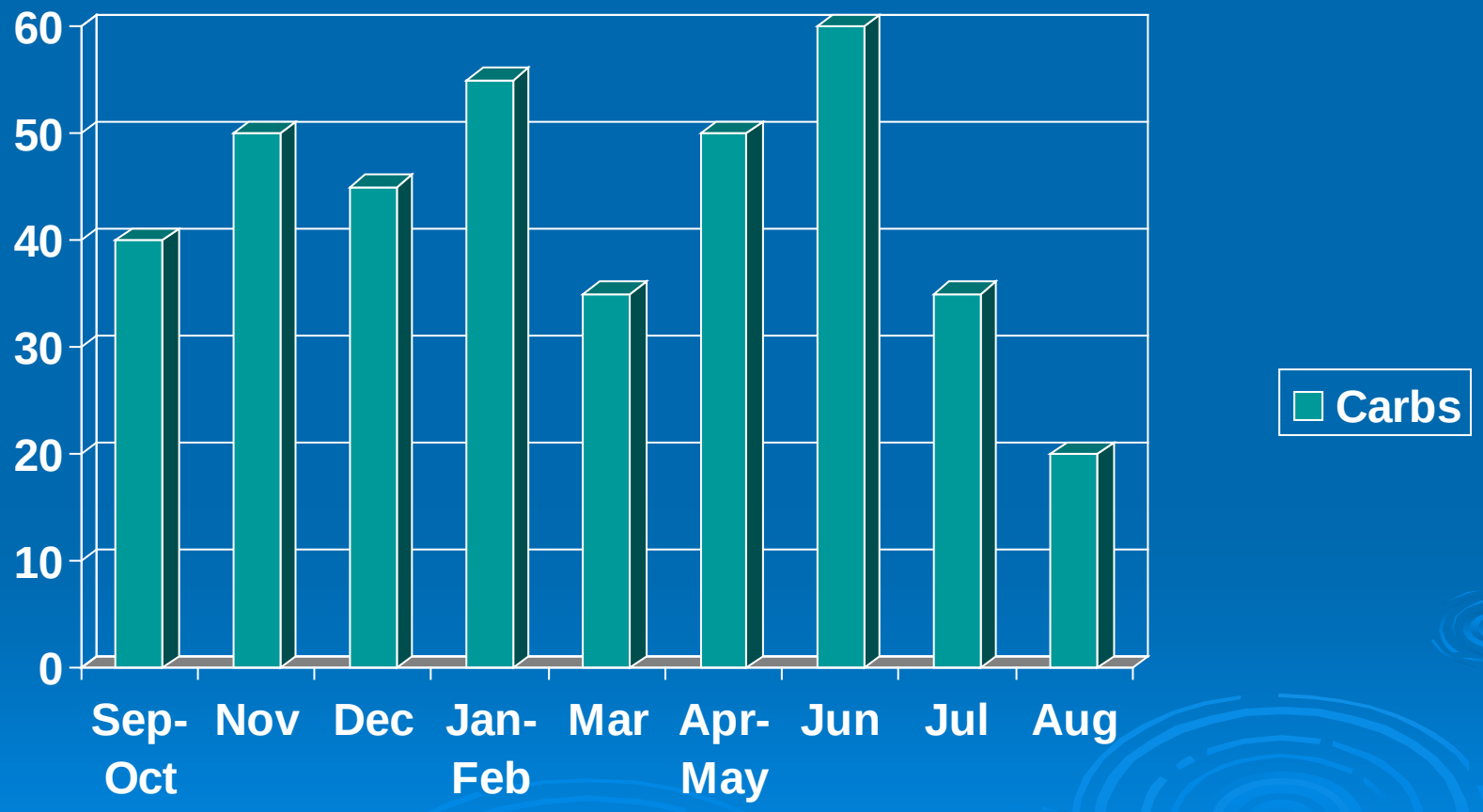
- Consider Volume

  AND

  Consider Intensity

- "Eat to train, don't train to eat."

Year Plan-Eat to Train



Proper Fuel

Proper Fuel: **Carbohydrates**

- Secondary fuel for easy activities
- Primary fuel for moderate activities
- Dominant fuel for high intensity activities

Carbohydrates are the Primary Fuel Source for Swimmers

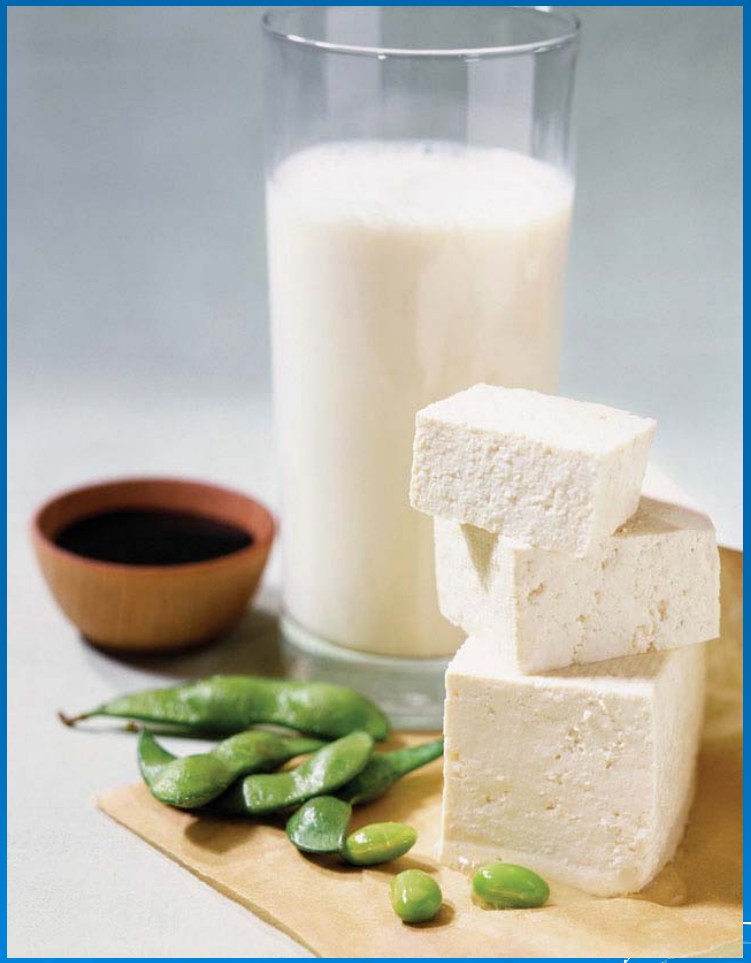
Carbohydrates

Proper Fuel: **Protein**

- Builds and repairs muscles
- Produces hormones
- Supports the immune system
- Replaces red blood cells

Protein is not a source of energy!

Non Animal Sources



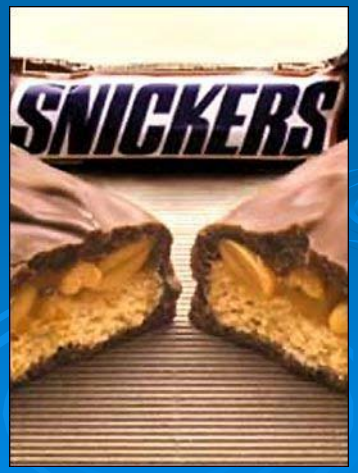
Dan McCarthy, Sport Performance Consultant

Proteins

Proper Fuel: **Fat**

- Low-intensity exercise
- Taste and Satiety
- The Bad News:
  - 1 g Carbs = 4 cal
  - 1 g Protein = 4 cal
  - 1 g Fat = 9 calories!
- FAT has more than double the calories

Fat Sources

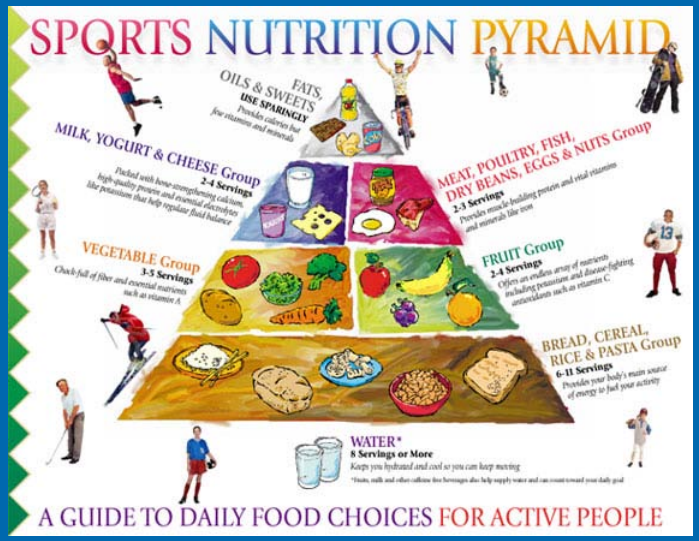


Fats


mues
oven roasted
macadamia oil


Visible Fats
Invisible Fats

Proper Fuel: **Well Balanced Diet**



Carbohydrates…..60%

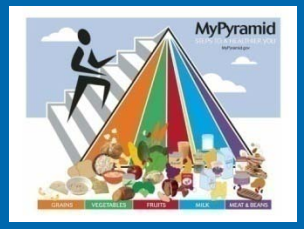
Protein……15 %

(Carbs: Protein = 4:1)

Fat ……25%

One-fourth of your Calories come from Fat!

Nutrition Foundations…



Eat a Variety of Foods from all Food Groups.

Eat Colorful Foods…Including *Recovery*.

Eat Early and Often…Including *Recovery*.

Drink Early and Often…Including *Recovery*.

When to Eat

How many times a day are you supposed to be eating?

5-8

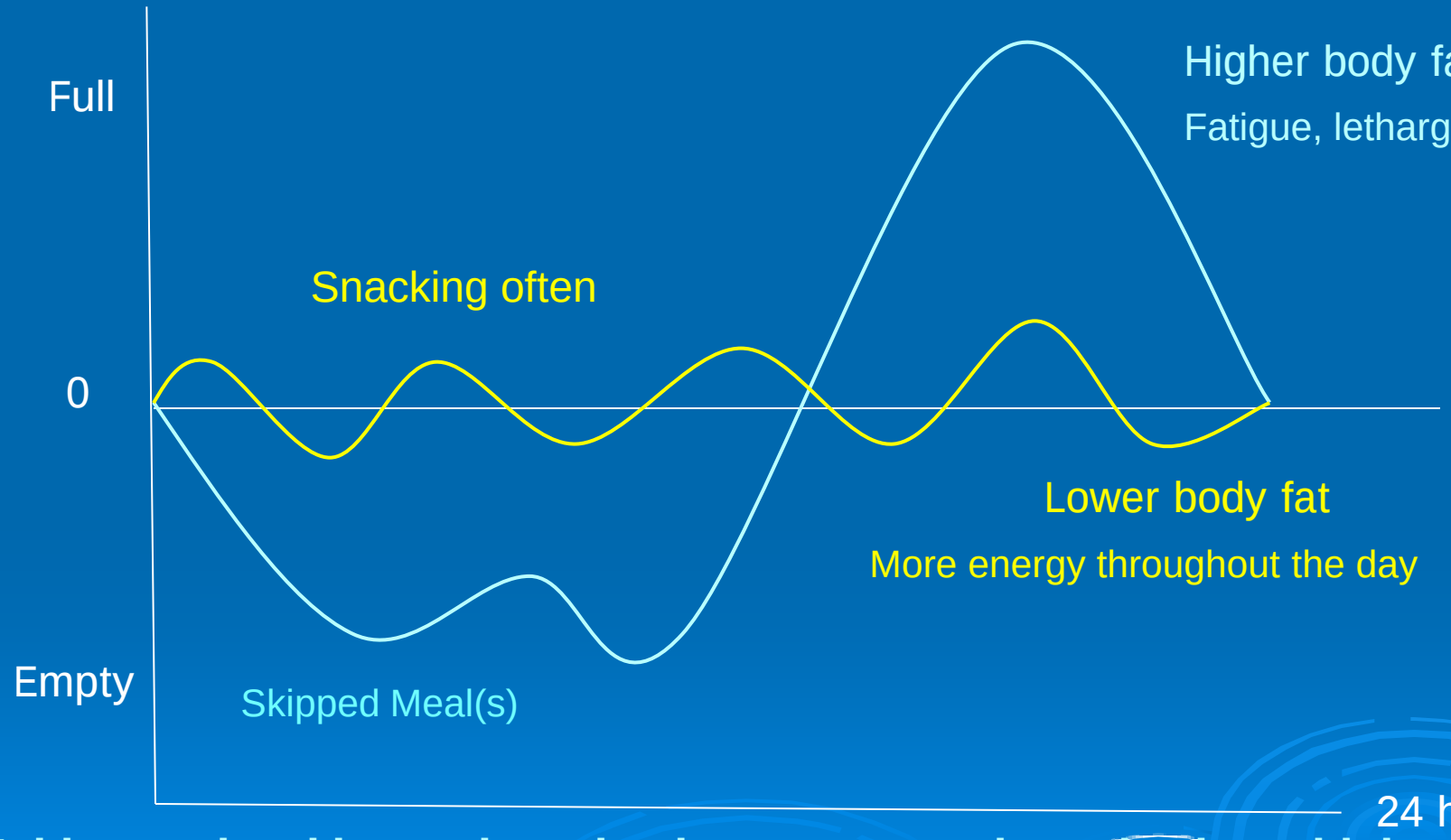
Or

Every 2-3 hours

When to Eat

- It’s not just what you eat, but WHEN you eat it!
- Athletes should never go more than 3-4 hours without a snack or meal during the day (except nighttime)
- Eat many (5-6) small meals
- Don’t skip meals – ever!

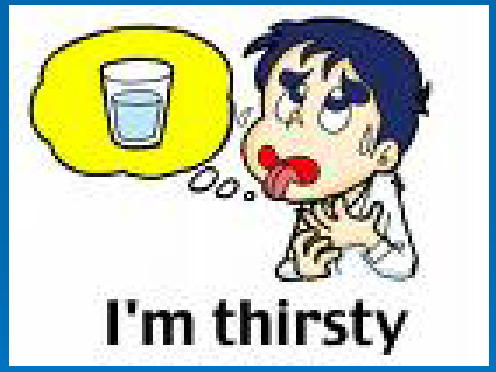
Proper Fuel: **Effects of Skipping Meals**



Athletes who skip meals and only eat one meal per day have higher body fat

Deutz et al, 2000 Med Sci Sports Exerc 32(3) 659-68

(De)Hydration



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Dehydration: **Facts**

- Impairs physiology
  1. Increased Heart Rate
  2. Increased Blood pressure
- Impairs performance

  Aerobic isn't aerobic anymore

Dehydration: **Facts**

- Water weight loss of just 2% can impair performance
- High protein diets can lead to dehydration in endurance athletes
- If exercising longer than 90 minutes or intensely for longer than 60 minutes a sports drink of 6-8% carbohydrates concentration is better than water.

226.8 grams = **8 ounces**

14 grams carbs = 6%
(14/226.8)

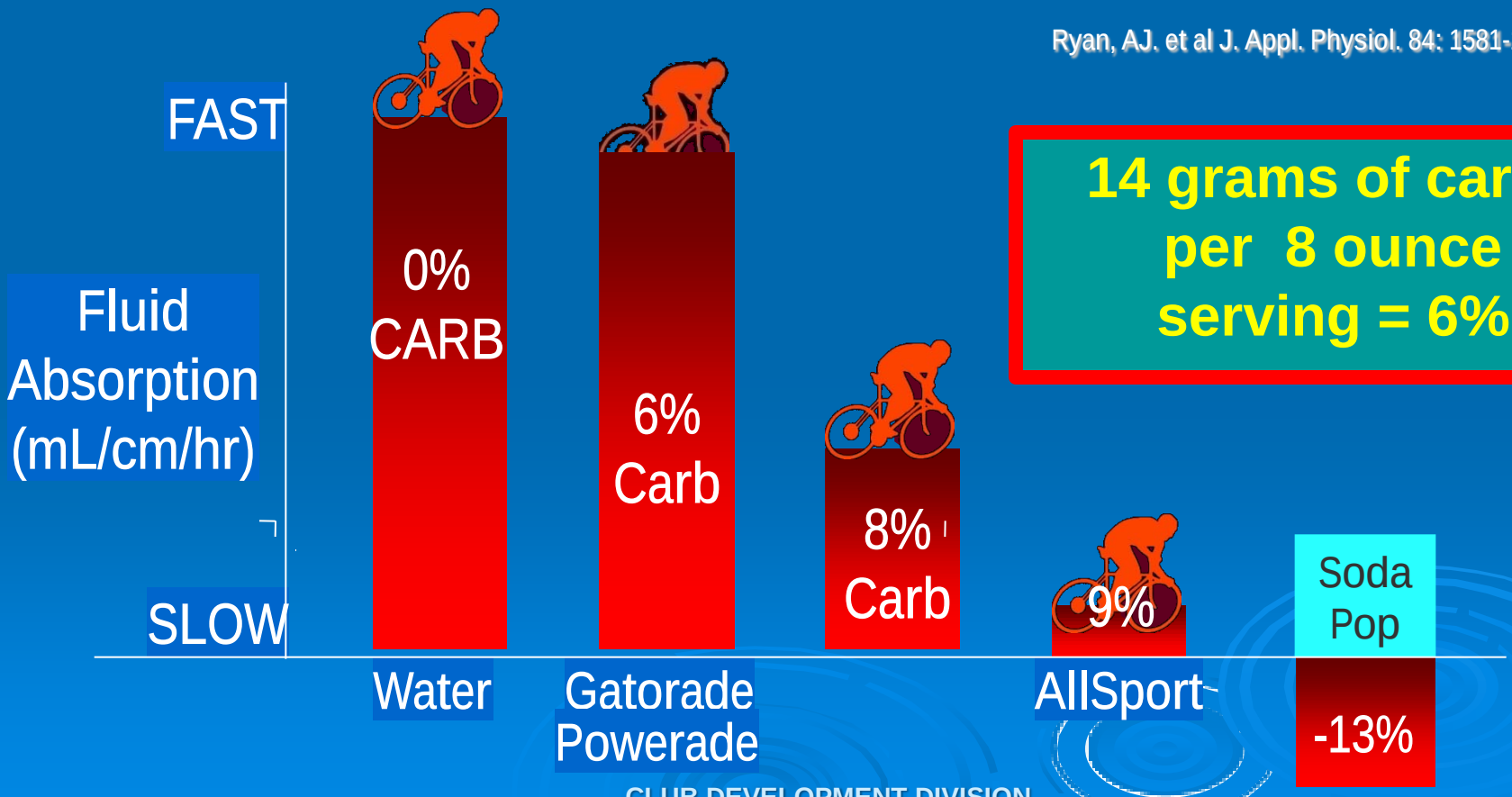
Which drink will be absorbed into your body fastest?

Which two are tied for how fast your body can use them?

Sport Drink Optimal Fluid Absorption

* p<0.05 slower than water and Gatorade.
Water and Gatorade were not different from each other.

Ryan, AJ. et al J. Appl. Physiol. 84: 1581-1588, 1998



14 grams of carbs per 8 ounce serving = 6%

“Energy” Drinks

Supplement Facts

Serving Size: 3 Level Scoops (99.9 g)
Servings Per Container: 15

Amount Per Serving		% DV
Calories	370	
Calories from Fat	45	
Total Fat	5 g	8%*
Saturated Fat	1.5 g	8%*
Cholesterol		28%*
Total Carbohydrate	40	13%*
Dietary Fiber	9 g	36%
Sugars	3 g	
Protein	40 g	80
Vitamin A	2500	
Vitamin C		%
Vitamin D	200 IU	%
Vitamin E	30 IU	
Thiamin	0.75 mg	50%
Riboflavin	0.85 mg	50%
Niacin	10 mg	50%
Vitamin B6	1 mg	50%

Amount Per Serving		% DV
Folic Acid	200 mcg	50%
Vitamin B12	3 mcg	50%
Biotin	150 mcg	50%
Pantothenic Acid	5 mg	50%
Calcium	500 mg	50%
Iron	11.8 mg	65%
Phosphorous	580 mg	58%
Iodine	75 mcg	50%
Magnesium	200 mg	50%
Zinc	7.5 mg	50%
Selenium	35 mcg	50%
Copper	1 mg	50%
Manganese	1 mg	50%
Chromium	60 mcg	50%
Molybdenum	7.5 mcg	50%
Sodium	16	7%
Potassium	63	%
L-Glutamine	2,0	†

† Daily Value not established
* Percent Daily Values are B on a Calorie Diet

Ingredients: CARBOHYDRATE BLEND (OAT FLOUR AND BARLEY FLOUR), PR END (W PROTEIN CONCENTRATE, CALCIUM CASEINATE, EGG ALBUMEN, SODIUM CASEINA D W PROTEIN ISOLATE), COCOA, L-GLUTAMINE, GUM ACACIA, NATURAL & ARTIFICIAL FLA VITAMIN MINERAL BLEND (DICALCIUM PHOSPHATE, MAGNESIUM OXIDE, ASCORBIC ACID, D ALPHA TOCOPHERYL ACETATE, NIACINAMIDE, ELECTROLYTIC IRON, ZINC OXIDE, COPPER GLUCONATE, D-CALCIUM PANTOTHENATE, MANGANESE SULFATE, RETINYL PALMITATE, PYRIDOXINE HYDROCHLORIDE, THIAMIN MONONITRATE, RIBOFLAVIN, CHROMIUM CHLORIDE, FOLIC ACID, BIOTIN, POTASSIUM IODIDE, SODIUM MOLYBDATE, SODIUM SELENITE, CYANOCOBALAMIN, AND CHOLECALCIFEROL), GUM BLEND (CELLULOSE GUM, XANTHAN GUM, AND CARRAGEENAN), SILICA, SALT, AND SUCRALOSE.

DECLINED

It Happens…

AdvertisingAge®

Banned-

Substances Rule Major College-Sports Sponsor Has Six Flavors Players Shouldn't Drink

Published: February 10, 2009

NEW YORK (AdAge.com) -- Coca-Cola's Vitaminwater is a major marketing partner for the NCAA -- but its players shouldn't drink six of its varieties or they **might test positive for banned substances.**

Drinking Vitamin Water Can Get You Banned From the NCAA

Posted by Brother Legend *02/11/2009 11:37 AM*
Category: News **Tags:** vitamin water

Apparently, six flavors of Vitamin Water, the healthy man's Gatorade that doesn't taste like liquid asphalt, contain impermissible or banned substances that can result in a NCAA player failing their drug test and getting banned from the league.

Nutrition Facts vs. Supplement Facts

Nutrition Facts

Serving Size 1/2 cup (51.0 g)

Amount Per Serving	
Calories 237	Calories from Fat 82
	% Daily Value*
Total Fat 9.1g	**14%**
Saturated Fat 3.6g	**18%**
Polyunsaturated Fat 1.2g	
Monounsaturated Fat 3.5g	
Cholesterol 1mg	**0%**
Sodium 26mg	**1%**
Total Carbohydrates 33.5g	**11%**
Dietary Fiber 2g	**17%**
Sugars 11.5g	
Protein 5.3g	

Vitamin A 0% • Vitamin C 2%
Calcium 6% • Iron 4%

Nutritional Units 5

* Based on a 2000 calorie diet

APPROVED

Supplement Facts

Serving Size: 3 Level Scoops (99.9 g)
Servings Per Container: 15

Amount Per Serving		% DV
Calories	370	
Calories from Fat	45	
Total Fat	5 g	8%*
Saturated Fat	1.5 g	8%*
Cholesterol	85 mg	28%*
Total Carbohydrate	40 g	13%*
Dietary Fiber	9 g	36%*
Sugars	3 g	†
Protein	40 g	80%*
Vitamin A	2500 IU	50%
Vitamin C	60 mg	100%
Vitamin D	200 IU	50%
Vitamin E	30 IU	100%
Thiamin	0.75 mg	50%
Riboflavin	0.85 mg	50%
Niacin	10 mg	50%
Vitamin B6	1 mg	50%

Amount Per Serving		% DV
Folic Acid	200 mcg	50%
Vitamin B12	3 mcg	50%
Biotin	150 mcg	50%
Pantothenic Acid	5 mg	50%
Calcium	500 mg	50%
Iron	11.8 mg	65%
Phosphorous	580 mg	58%
Iodine	75 mcg	50%
Magnesium	200 mg	50%
Zinc	7.5 mg	50%
Selenium	35 mcg	50%
Copper	1 mg	50%
Manganese	1 mg	50%
Chromium	60 mcg	50%
Molybdenum	37.5 mcg	50%
Sodium	160 mg	7%
Potassium	630 mg	18%
L-Glutamine	2,000 mg	†

* Daily Value not established
† Percent Daily Values are Based on a 2,000 Calorie Diet.

Ingredients: CARBOHYDRATE BLEND (OAT FLOUR, [illegible] BARLEY FLOUR), PROTEIN BLEND (WHEY PROTEIN CONCENTRATE, CALCIUM CASEINATE, EGG ALBUMEN, SODIUM CASEINATE, AND WHEY PROTEIN ISOLATE), COCOA, L-GLUTAMINE, GUM ACACIA, [illegible] & ARTIFICIAL FLAVORS, VITAMIN MINERAL BLEND (DICALCIUM PHOSPHATE, MAGNESIUM OXIDE, ASCORBIC ACID, DL-ALPHA TOCOPHERYL ACETATE, NIACINAMIDE, ELECTROLYTIC IRON, ZINC OXIDE, COPPER GLUCONATE, D-CALCIUM PANTOTHENATE, MANGANESE SULFATE, RETINYL PALMITATE, PYRIDOXINE HYDROCHLORIDE, THIAMIN MONONITRATE, RIBOFLAVIN, CHROMIUM CHLORIDE, FOLIC ACID, BIOTIN, POTASSIUM IODIDE, SODIUM MOLYBDATE, SODIUM SELENITE, CYANOCOBALAMIN, AND CHOLECALCIFEROL), GUM BLEND (CELLULOSE GUM, XANTHAN GUM, AND CARRAGEENAN), SILICA, SALT, AND SUCRALOSE.

DECLINED

USADA
United States Anti-Doping Agency

Dehydration: **Monitor Fluid Loss**

Two ways:

1. Weigh in before practice and after practice (need 3 cups of fluid replacement per pound lost)
2. Check the color of urine

1 - 3 = Optimally Hydrated
4 - 6 = Slightly dehydrated should drink more
6 - 8 = Dehydrated, must drink more

How many of these are you supposed to be drinking a day?

Rank from lowest to highest which has the most sugar.

Rank from lowest to highest which has the most sugar.

7g – 8 oz

17g – 20 oz

13g – 8 oz

33g – 20 oz

14g – 8 oz

34g – 20 oz

14g – 8 oz

34g – 20 oz

35 g – 8 oz

88g – 20oz

27g – 8 oz

65g – 20 oz

Hydration: **How Much and When**

Practice

- 16-20 oz. of water two hours before
- 8-10 oz. of water 10-20 minutes before
- Every 15 minutes during
- Replenish within two hours after

During the day

- 16-20 oz. of water within two hours of waking
- Avoid feeling thirsty during the day
- 8-10 oz. of water before sleep

When is water enough and when should you incorporate Gatorade?

- 90 minutes or less =
  - Water
- 90 minutes or less of intense work and it's hot out =
  - Gatorade
- 90 minutes or more =
  - Gatorade
- Pre Race/Workout =
  - Mix
- Post Race/Workout =
  - Mix

Body Composition

Body Type and Genetics: It May Not Be Fair!

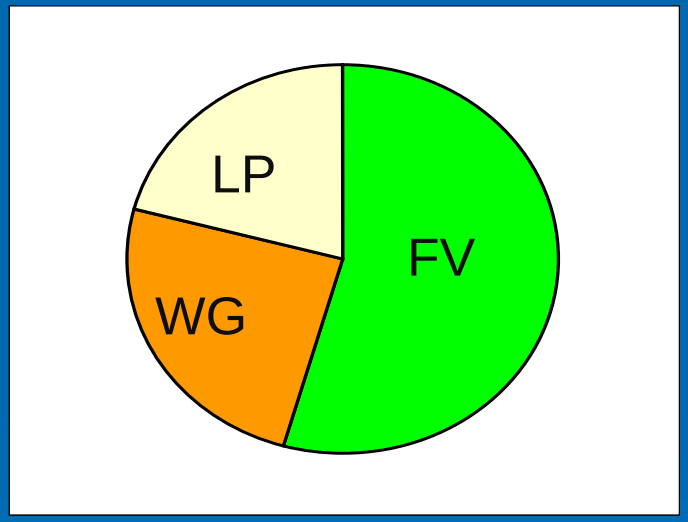
- Body Types:
  - Endomorph – Soft roundness
  - Mesomorph – Muscular /Prominent Bones
  - Ectomorph – Thin, little muscle
- Genetic traits
  - Height
  - Certain physical traits that affect training capacity
- Genetics: NOT an absolute indicator
  - Environment and motivation
  - Can impact up to 70%

Transition Between Seasons

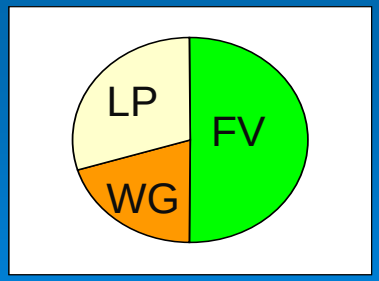
- Do not eat like an athlete
- Low intensity alternative or cross-training activities
- MAKE WEIGHT CHANGES NOW!

Body Composition: **Gain/Lose**

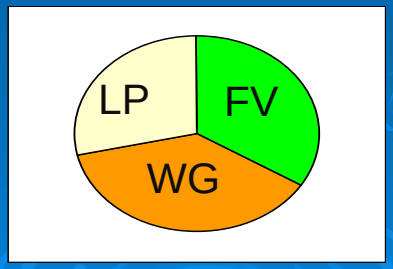
Weight Maintenance



Weight Loss



Weight Gain



LP = LEAN PROTEINS
WG = WHOLE GRAINS
FV = FRUITS &VEGETABLES

By Product Accumulation and Removal

Recent research has indicated that negative metabolites (Carbon Dioxide, Hydrogen ions, etc) in addition to lactic acid contribute to impaired musclular performance (contraction).

What is Lactate Production?

- High Intensity = Anaerobic Pathway
- By product is lactic acid (muscle) and lactate (blood)
- Other by products also contribute to muscle fatigue.

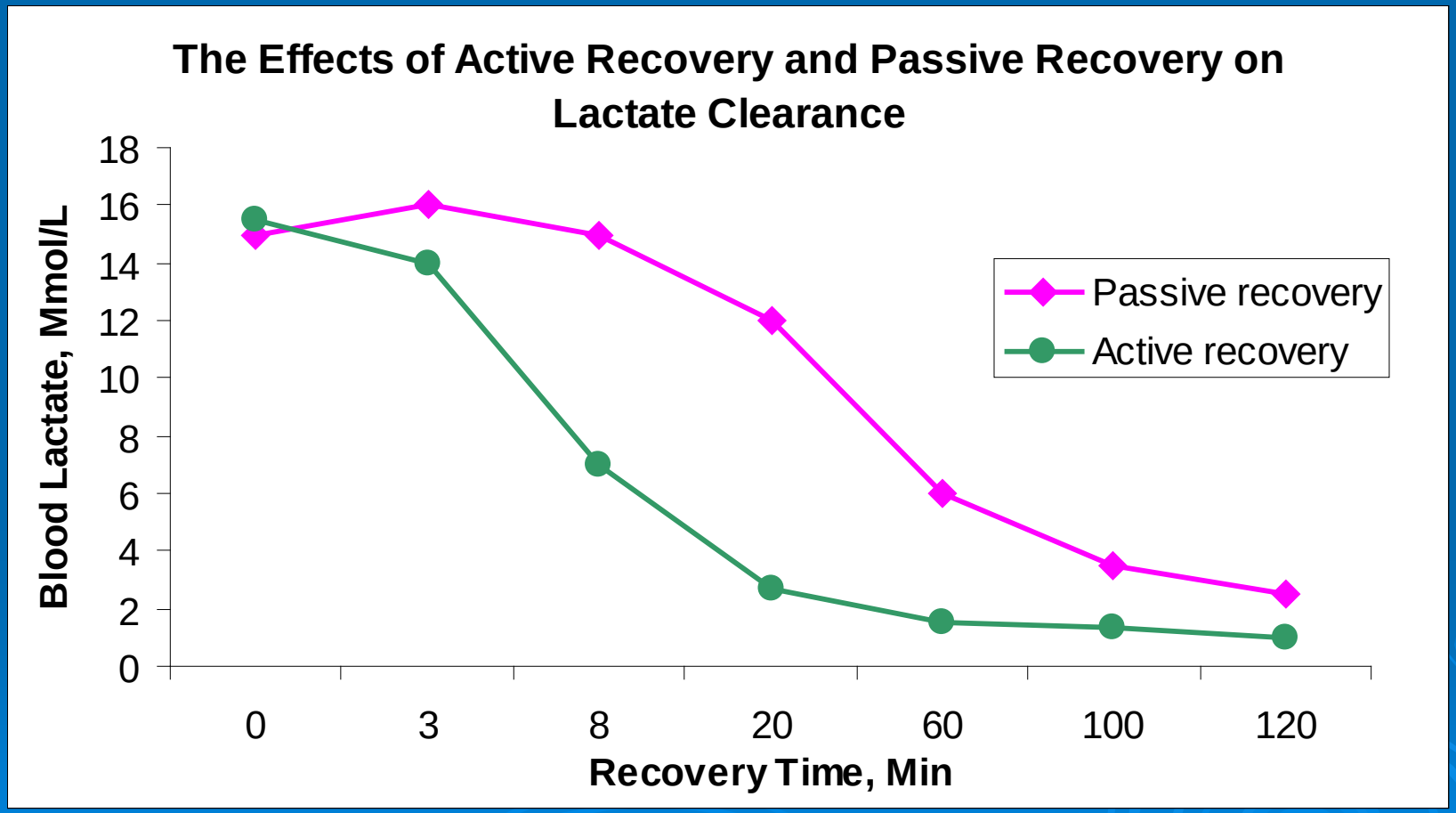
By Product Accumulation and Removal

- By Product Accumulation
  1. Impairs muscle function
  2. Technique decay
  3. Compromise energy production pathways

- By Product Removal
  1. Takes place in muscle, liver and kidneys
  2. Lactate can be used for energy
  3. Must be cleared for optimal performance

Active vs. Passive Recovery

Lactate and Other Byproducts



What Should I do for Cool Down?

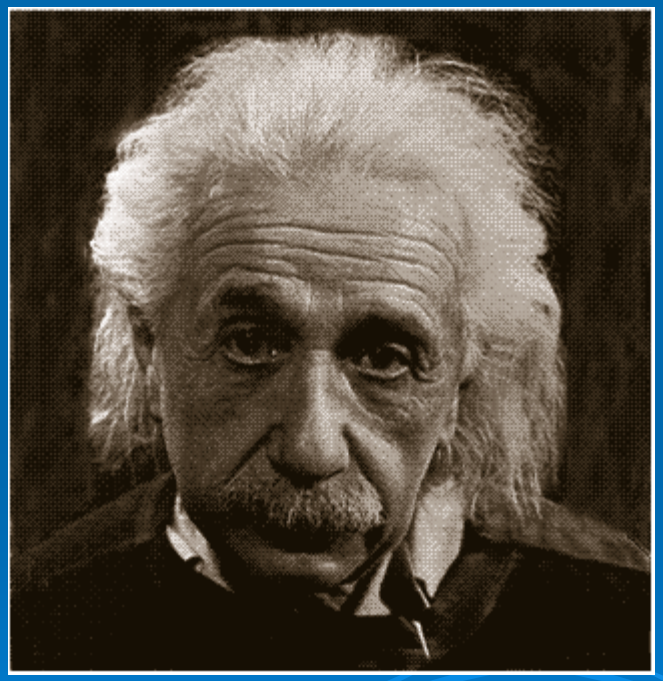
Event/Distance Orientation	*Duration*	*Intensity*	*Heart Rate*
Sprint Events (50-100m)	15-30 min	65-70%	130-140 22-23 (10 sec)
Mid-Distance Events (200-400m)	15-25 min	70-75%	140-150 23-24 (10 sec)
Distance Events (800m and above)	15-20 min	75-80%	150-160 25-26 (10 sec)

Active Recovery is Better!

- Faster decrease in blood lactate levels
- Faster recovery time following intense efforts
- Perform at an optimal level for another race, set or workout

Problems?

- Cool-down facility is not available
- Very little time between events
- The pool deck or venue is cold



How soon after you race or workout, should you be eating something to replace the carbs you've lost?

30 minute window

How soon after your 30 minute window should you follow up with a meal?

Within an hour

Good Recovery Habits

Training

- Cool-down after high-intensity training sessions
- Begin the nutritional replenishment process immediately*
  (*30 minute 'window')
- Follow up with a meal

Competition

- Cool-down soon after your race for at least 20 minutes
- High carb-moderate protein snack (4:1) immediately* after your race
- Follow up with a meal

Recovery Tips

Training

- Bring your after practice snack to the pool
- Snack on the way home if the drive is longer than a ½-hour
- Have a healthy, nutritious dinner as soon as you get home

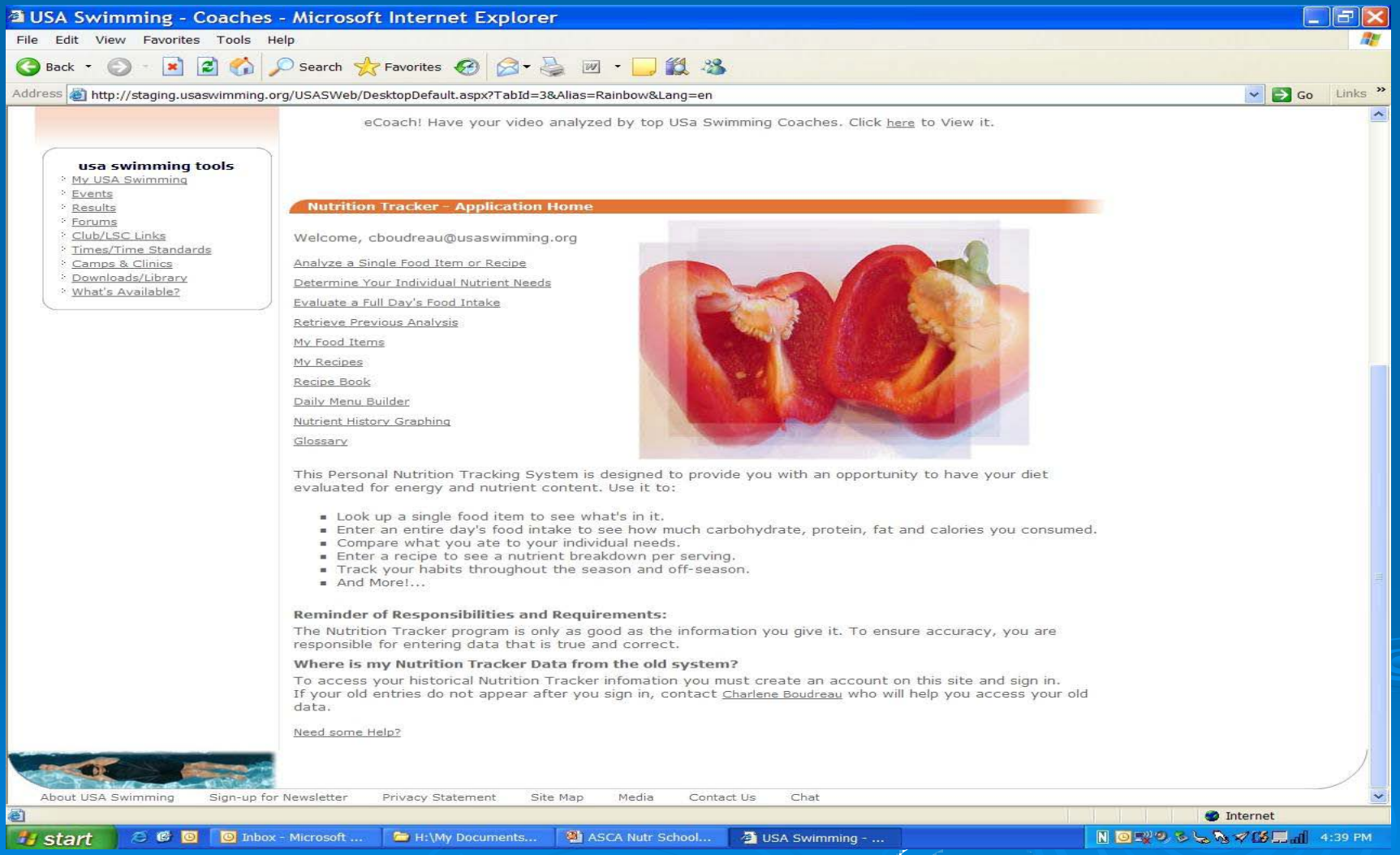
Competition

- Snack immediately after your race and during your cool down
- Eat normal and easily digestible meals
- Regular food, bars and gels and drinks are all acceptable if…

What to eat after training or competition

Body Weight (lbs)	Carbohydrate Required to meet 1.2 g/kg	Drink Examples	Bar Examples	Food Examples
120-150 Lbs	65-85 Grams	35-50 oz. of sport drink OR 2 cans of Carnation Instant Breakfast OR 1.5 cans of Boost or Ensure or CHOCOLATE MILK!	1.5 PowerBars OR 1.5 PowerBar Harvest Bars OR 1.5 Clif Bars OR 2-50g packages PowerBar Bites	2 cups apple juice or cranberry cocktail OR 2 servings of low-fat yogurt OR 1 cup dried apricots OR 1.5 PBJ sandwich
160-200 Lbs	85-110 Grams	50-65 oz. of sport drink OR 2.5 cans of Carnation Instant Breakfast OR 2.5 cans of Boost or Ensure	2 PowerBars OR 2 PowerBar Harvest Bars OR 2 Clif Bars OR 3-50g packages PowerBar Bites	2/3 cups of raisins OR 4 cups grapefruit juice OR 2 medium bagels OR 4 slices of watermelon OR 1 bagel w/peanut butter
200+ Lbs	115+ Grams	65+ oz. of sport drink OR 3 cans of Carnation Instant Breakfast OR 3 cans of Boost or Ensure	2.5 PowerBars OR 2.5 PowerBar Harvest Bars OR 2.5 Clif Bars OR 3.5-50g packages PowerBar Bites	8 kiwi fruits OR 2 cups canned fruit salad OR 2 PBJ sandwich PLUS 1 serving of yogurt

Try out Nutrition Tracker!



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Sport Performance Consultants

Glossary Nutrition Tracker Home

Determine Individual Nutrient Needs

Current Status

Age: 18

Gender: Female

Current Weight: 138

Current Training Level: Heavy

Daily Activity Intensities

Select total time spent in each category to the nearest quarter hour:

Sleep: 07:30

School / Work: 07:00

Stretching: 00:15

Warm-up/Cool-down (for all workouts): 00:45

Swimming Hard: 01:00

Swimming Moderate: 01:00

Weights (actual lifting time): 00:30

Cardio (actual time not including warm-up/cool-down): 00:00

Other: 6 (Program accounts for remaining hours to total 24.)

Continue...

Nutrition Tracker - Sample

Nutrition Tracker - Individual Nutrient Needs and Fluid Recommendations

Name: scolby@usaswimming.org

Date: 10/29/2008 **Current Weight:** 138

Daily Macronutrients Needs

Nutrient	Individual Requirement
Calories (kcal)	2,801
Carbohydrate (g)	565 - 627
Protein (g)	107 - 113
Fat (g)	<= 93

Post-workout Carbohydrate Requirement

Grams / hour	For this many hours
75	3

Note: This amount is included in your total carbohydrate needs, not in addition to it.

Daily Vitamins and Minerals Needs

Nutrient	Recommended Intake
Vitamin A (ug RE)	800
Thiamin (mg)	1

Nutrition Tracker - Sample

Nutrition Tracker - Individual Nutrient Needs and Fluid Recommendations

Name: scolby@usaswimming.org

Date: 10/29/2008 **Current Weight:** 100

Fluid Recommendations

Swimmers have a lower sweat rate than athletes in other sports, but they still lose fluid. Typically, this loss is around 0.11 - 0.14 L/km, which means that during a 6,000 m workout, for example, swimmers can expect to lose 20-28 oz of fluid. Replenishment requires 150% of fluid lost, which in this case translates to drinking 30-42 oz post-workout. Below are some general guidelines:

Before Workout	* 16 oz 1-2 hrs before practice
During Workout	* 16 oz per hr during practice (couple sips every 10 to 15 minutes) If workout is 90 minutes or longer, the fluid source should be a 6-8% carbohydrate electrolyte drink, such as Gatorade or Powerade. If workout is less than 90 minutes long, water is an adequate fluid source. A 6-8% carbohydrate-electrolyte drink is also acceptable, but is usually not necessary.
After Workout	* 32 oz per hr for 2 hrs after practice Replenish fluids within 2 hours of finishing your workout. Consider a 6-8% carbohydrate-electrolyte drink immediately after workout to replenish fluids AND fuels.

* There are 32 oz in a large bottle of Gatorade or Powerade.
* There are 32 oz in the tall, green Gatorade water bottles.
* There are 24 oz in most water bottles sold at sports stores.
* There are 16 oz in a single-serving size bottle of V8 SPLASH
* There are 8 oz in a standard drinking glass.

Search www.usaswimming.org for additional information on FLUID Recommendations

Search www.usaswimming.org for research reviews on FLUID Recommendations

Athletes are encouraged to monitor their urine color (goal is very pale yellow, pale yellow, or straw colored) and volume (note any changes). Coaches are encouraged to remind the athletes to drink during workouts (a couple of sips every 15 minutes).

What's in a serving?

Food Guide Pyramid Serving Sizes

Bread and Grain Group
1 slice bread
1/2 cup cooked rice, pasta, or cereal
1/2 hamburger bun
1/2 bagel or English Muffin
3-4 plain crackers
2 medium cookies

Fruit Group
1 medium raw
3/4 cup fruit juice
1/2 cup chopped, cooked, or canned
1/4 cup dried

Meat and Meat Alternatives Group
21/2 to 3 ounces cooked lean beef pork, lamb, poultry, or fish
These count as
1 ounce of meat
1/2 cup cooked beans
1 egg
2 tablespoons peanut butter
1/3 cup nuts

Vegetable Group
1/2 cup chopped
1/2 cup cooked
1/2 cup raw
1 cup raw, leafy
3/4 vegetable juice
1/2 cup scalloped potatoes
10 French fries

Milk and Dairy Foods Group
1 cup milk or yogurt
1 1/2 ounces cheese
2 ounces processed cheese
1 1/2 cup ice cream or ice milk
1 cup frozen yogurt

Fats, Oils, & Sweets
Use in moderation

WHAT'S IN A SERVING?

TOP SHELF small amounts

- 1 oz low fat spread
- 1/2 oz margarine/butter
- Use oils sparingly
- Limit fried food to 1-2 times a week – oven bake instead
- Only eat small amounts of high fat and high sugar snacks and not too often

MEAT, FISH & ALTERNATIVES 2

- 2oz cooked lean meat or poultry
- 3oz cooked fish
- 2 eggs (not more than 7 per week)
- 9 dessertspoons peas/beans
- 2oz cheese
- 3oz nuts (whole nuts should not be given to children under 5)

MILK, CHEESE AND YOGURT 3

- 1/3 pint of milk*
- 1 carton of yogurt
- Milk pudding made with 1/3 pint of milk
- 1 oz Cheddar, Blarney or Edam

*Low fat milk can be given to children over 2. Skimmed milk not suitable for children under 5.

Normal requirements of 3 servings from this group daily is increased to 5 servings during pregnancy & breastfeeding

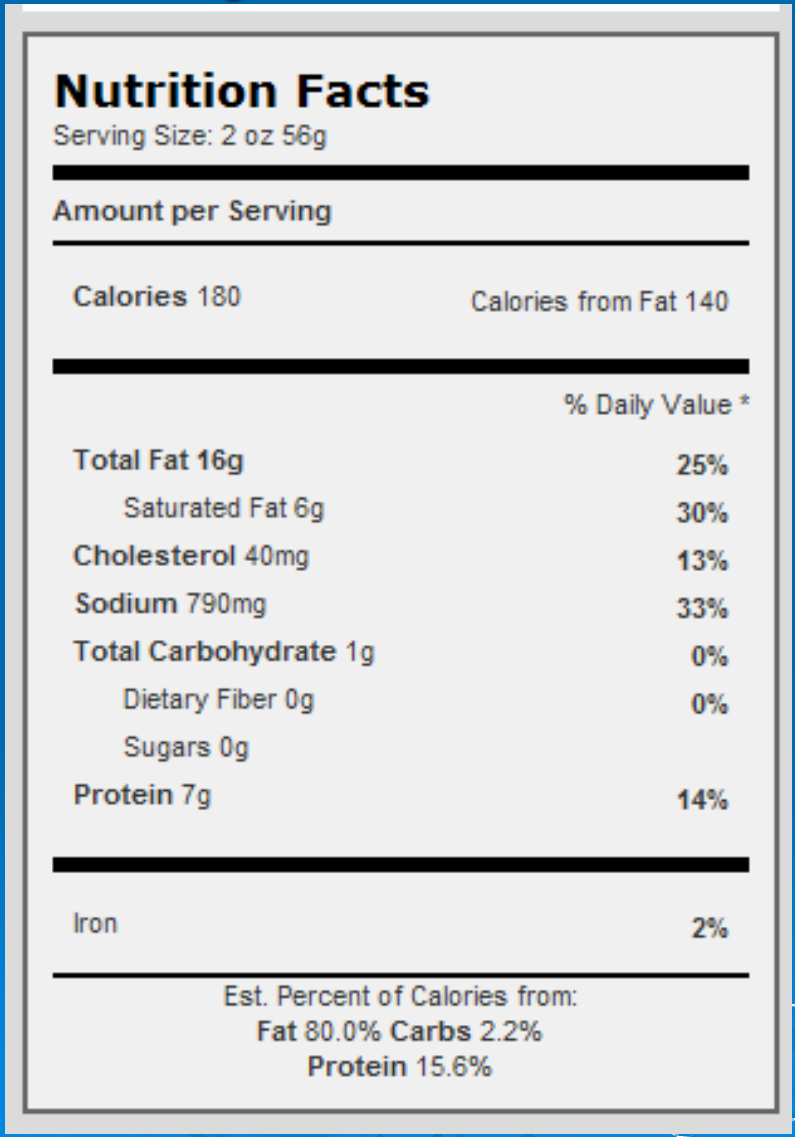
FRUIT & VEG 4+

- 1/2 glass of fruit juice
- 1 medium sized fresh fruit
- 3 dessertspoons cooked vegetables or salad
- Small bowl of homemade vegetable soup
- 3 dessertspoons of cooked or tinned fruit

BREAD, CEREAL & POTATOES 6+

- 1 bowl of cereal
- 1 slice of bread
- 3 dessertspoons of pasta or rice
- 1 medium boiled or baked potato

Did you know?



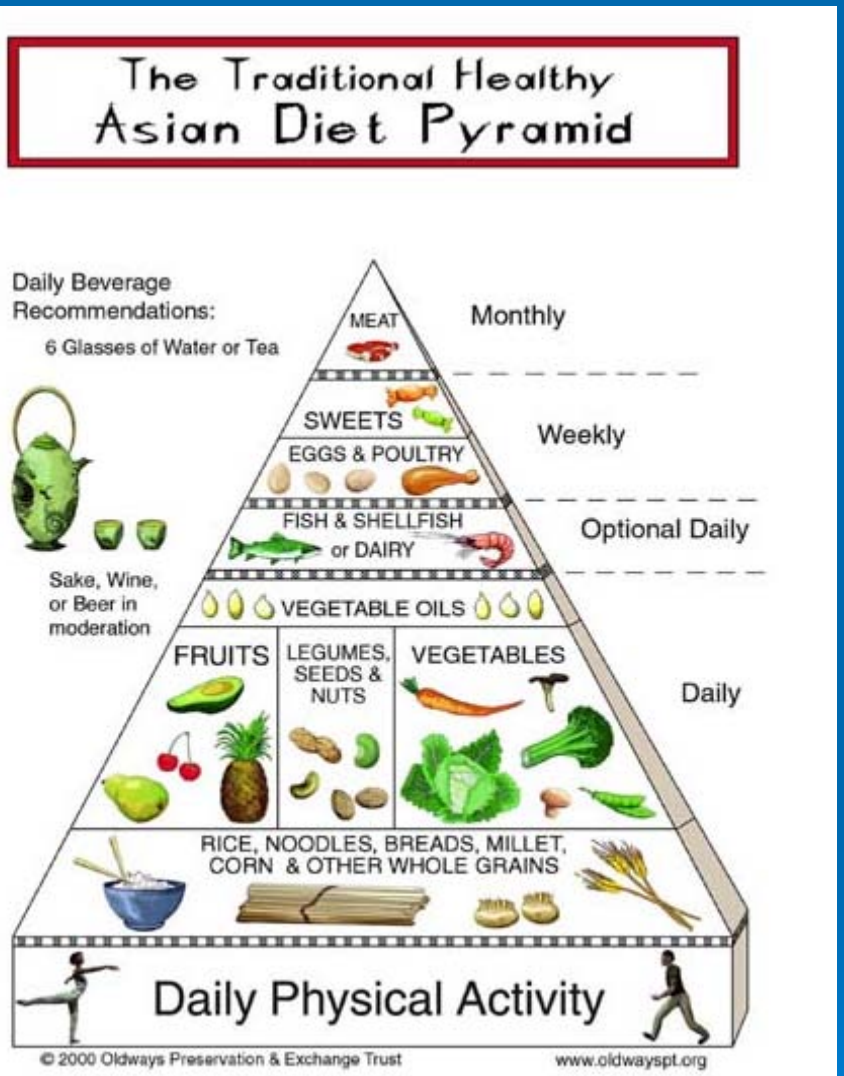
Nutrition Facts

Serving Size: 2 oz 56g

Amount per Serving

Calories 180	Calories from Fat 140
	% Daily Value *
Total Fat 16g	**25%**
Saturated Fat 6g	**30%**
Cholesterol 40mg	**13%**
Sodium 790mg	**33%**
Total Carbohydrate 1g	**0%**
Dietary Fiber 0g	**0%**
Sugars 0g	
Protein 7g	**14%**
Iron	**2%**

Est. Percent of Calories from:
Fat 80.0% **Carbs** 2.2%
Protein 15.6%


The Traditional Healthy
Asian Diet Pyramid
Daily Beverage
Recommendations:
6 Glasses of Water or Tea
Sake, Wine,
or Beer in
moderation
MEAT
Monthly
SWEETS
EGGS & POULTRY
Weekly
FISH & SHELLFISH
or DAIRY
Optional Daily
VEGETABLE OILS
FRUITS
LEGUMES,
SEEDS &
NUTS
VEGETABLES
Daily
RICE, NOODLES, BREADS, MILLET,
CORN & OTHER WHOLE GRAINS
Daily Physical Activity
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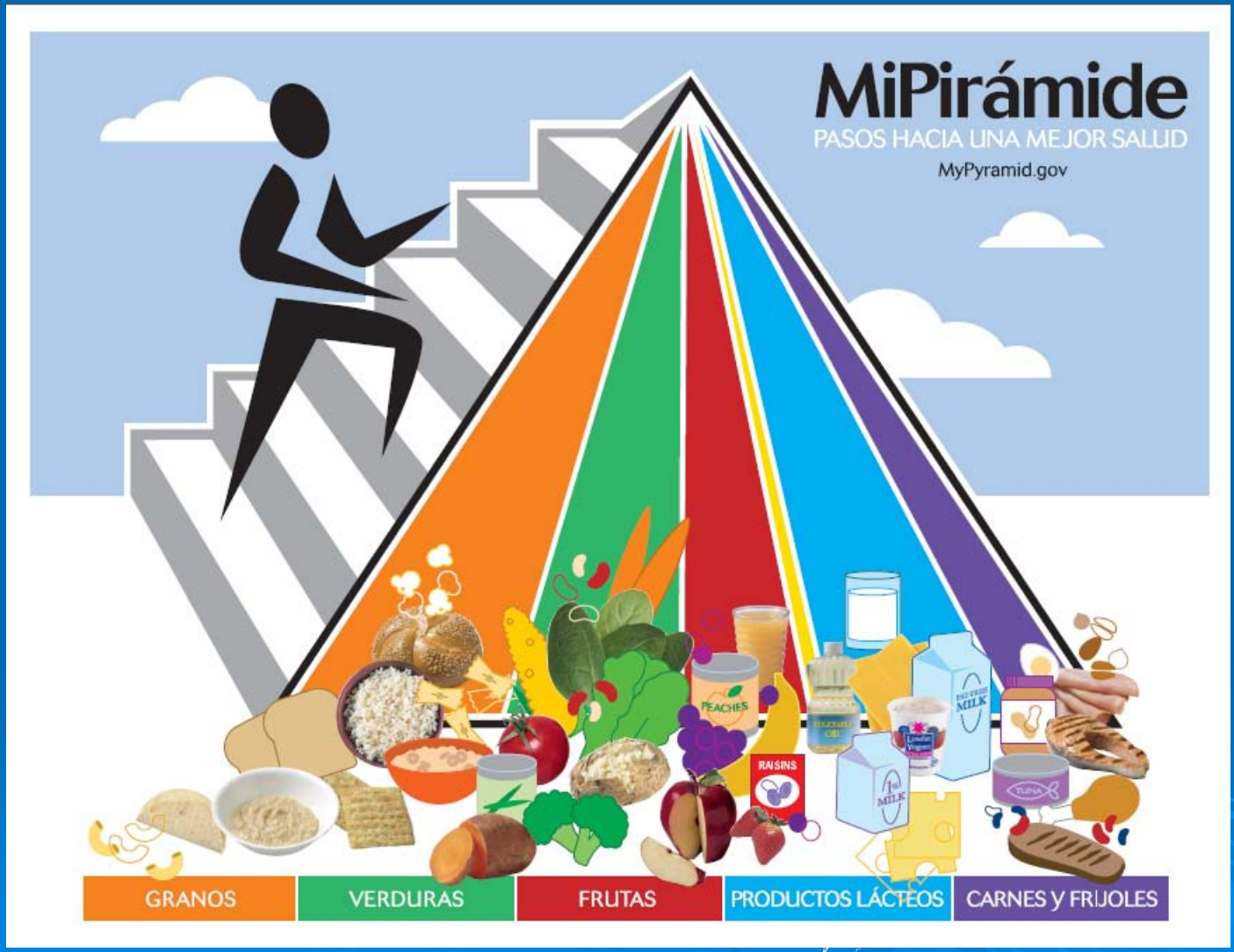
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GRANOS
VERDURAS
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CARNES Y FRIJOLES


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Ethnic Rescipes
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The Village
Village Calendar
Village Health
Food
Vines Organ
Soul Food Dinner Menu
Home
Food
Local Restaurants
The Village
Contact Us
Ethnic Recipes
Welcome to Our Village
Chances are that someone has asked the same question-and that we've got the answer!
Ideas for Meals
Black-eyed Peas
Rice
Greens
with Cornbread (not pictured)
Sydney's Sweet Potato Pies
Red Beans & Rice served with Cornbread
Baked Sweet Potatoes
Skillet Zucchini Combo served with Rice and Cornbread
Got a great Recipe Pass it on
This section will preserve and enhance treasured ethnic recipes passed on through generations. The recipes when appropriate will be adapted to our modern day health conscious society. Individuals will be encouraged to post their recipes, take credit for their creation and have them evaluated by a panel of minority dietitians.
LOW FAT / CHOLESTEROL SOUL FOOD EATING
NONE OF THESE FACTS ARE NEW!
THE KEY IS EATING A VARIETY OF FOODS
IN MODERATION
REMEMBER, ANYTHING IN EXCESS IS NOT HEALTHY
CHOOSING MORE VEGETABLES AND FRUITS
CUTTING DOWN ON PROTEIN SOURCES
CUTTING DOWN ON ANIMAL FAT - THAT IS WHERE THE CHOLESTEROL IS!
AND JUST MAKING CHOICES OF USING A VARIETY OF SPICES INSTEAD OF SODIUM CHLORIDE (SALT) AND GARLIC SALT,, SEASONED SALT ETC.
ELIMINATE THE FAT MEAT USED IN SEASONING GREENS AND BLACK-EYED PEAS
CUT OUT PAN FRIED ITEMS.

TIPS

Low Fat/Low Cholesterol Soul Food Eating

Eat a variety of foods in moderation.
Choose more fruits and vegetables.
Cut down on protein sources.
Cut down on animal sources. This is where the cholesterol is!
Eliminate the meat fat used in seasoning greens and black-eyed peas.
Try spices vs. salt.
Cut out pan-fried items.

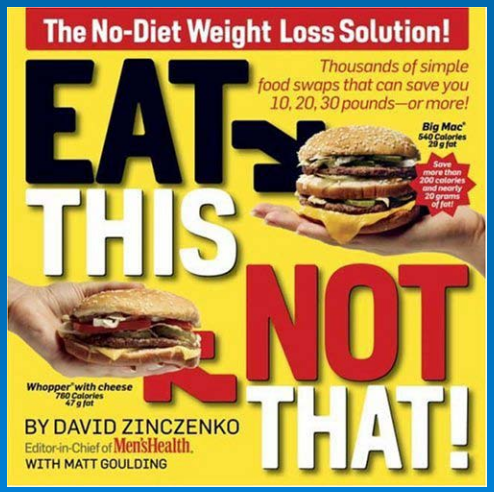
http://www.aahn.com/old/Food/EthnicRecipes.htm

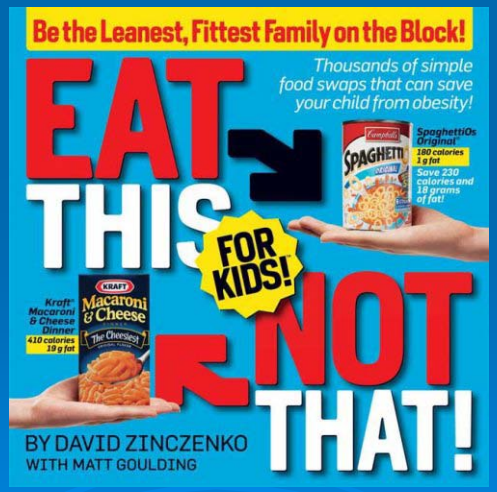
Web Sites

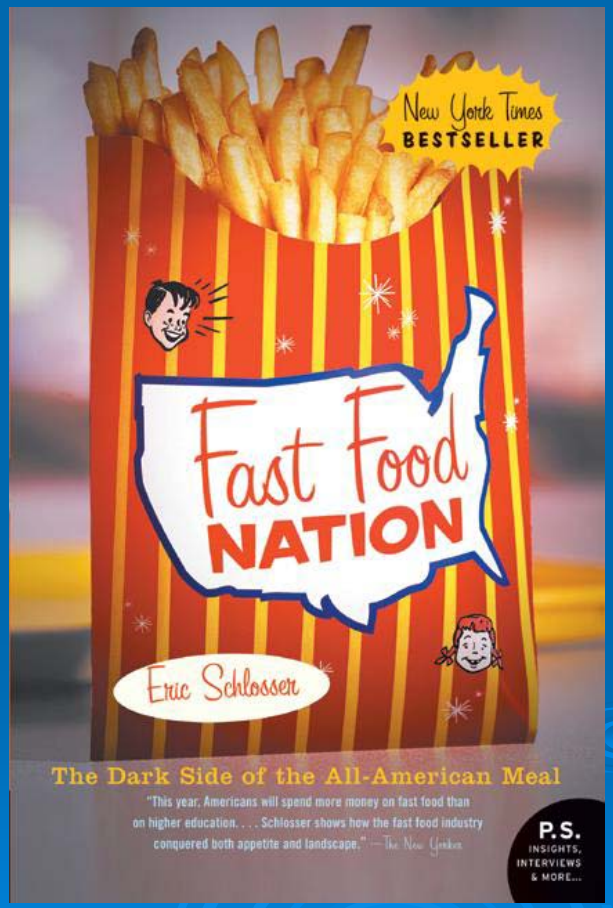
- Web Sites:
  - USADA: http://www.usantidoping.org/files/active/athletes/REV%20Nutrition%20Module.Final3.pdf
  - U.S. Department of Health & Human Services
  - http://www.omhrc.gov
  - USDA: http://www.usda.gov/wps/portal/!ut/p/_s.7_0_A/7_0_1OB?navtype=SU&navid=FOOD_NUTRITION

Books

- Books
  - Eat This, Not That
  - Fast Food Nation







QUESTIONS?

clubdevelopment@usaswimming.org
719-866-4578

GO USA!!