

## EXAMPLES OF FOODS TO PACK FOR SWIM MEETS

When packing food for swim meets, the same guidelines apply as for pre-exercise meals/snacks. Swimmers should “graze” throughout the swim meet, rather than having large amounts to eat at any one time. The only exception would be when heats are in the morning and finals in the late afternoon. In this case, it would be appropriate to have a larger more substantial meal at the end of heats, and not worry as much about fat and fiber, since finals are a few hours away.

Examples of foods to pack for swim meets:

- fruit yogurt, plain yogurt (less than 2%M.F.) or Greek yogurt.
- Bananas/grapes/canned peaches/strawberries/applesauce/melon
- Bagels
- Stoned wheat thins, soda crackers, or other low fat low fiber crackers
- Rice cakes
- Baked custard (made with low fat milk)
- Pumpkin custard (made with low fat evaporated milk)
- Low fat low fiber muffins (3 grams or less fat/muffin, 2 grams or less fiber/muffin)
- 1% or skim milk
- low fiber cereal
- vegetable sticks and low fat dip
- cottage cheese
- Canned tuna

Higher fat/higher fiber foods are fine as long as only small quantities are consumed at a time.



*Content courtesy of Dina Ridenour*

