

## Nutrition Tips:

### 1. Keep hydrated:

Athletes should drink 400-600ml of water 2 hours before practice. You should also drink 150-350ml of water every 15-20 minutes during practice, and another 450-650ml water after practice.

Thirst is not a good indicator of dehydration. If you feel thirsty that means you are already hydrated. Drink on a schedule, because you cannot cure dehydration during sport you can only prevent it. Keeping hydrated is important for your best performance. If you become weak, tired, irritated or get a headache this may mean you're dehydrated.

### 2. Eat before and after practice:

It is important to eat before practice because your muscles and brain need energy to function to the best of your ability. Eating before you swim makes sure you have enough energy stored to keep your muscles working. It's important to eat something after practice to restock the stores you just used up.

### 3. What is a snack and what is a meal:

A snack has at least 2 of the 4 food groups. A meal has at least 3 of the 4 food groups.

### 4. A healthy diet consists of all the 4 food groups:

Each food group is important to incorporate into our diet because they provide us with different nutrients our bodies need and cannot function properly without.

**Vegetables and Fruit:** This is the food group we need the most of. They provide us with fiber, vitamin B's, vitamin C and A along with a lot of other nutrients.

**Grain products:** Choose whole grain products rather than white ones. Whole grains are an important component of our diet they give us fiber, thiamin and other B vitamins, starch,

**Milk and Alternatives:** Milk is a very important component of your diets. It gives us calcium and vitamin D, which help build our bones. Our bones grow the fastest during puberty and stop growing by ~18-20 years old. After that point we start losing bone mass, therefore it's important to build them as strong as possible while we still can.

**Meat and Alternatives:** Meat and alternatives are very important for young athletes because it gives us protein, which build our muscles. Meat also gives us iron and important micronutrient, especially for girls, who are often deficient.

Follow Canada's Food Guide to find out how many of each of these food groups you need daily.