

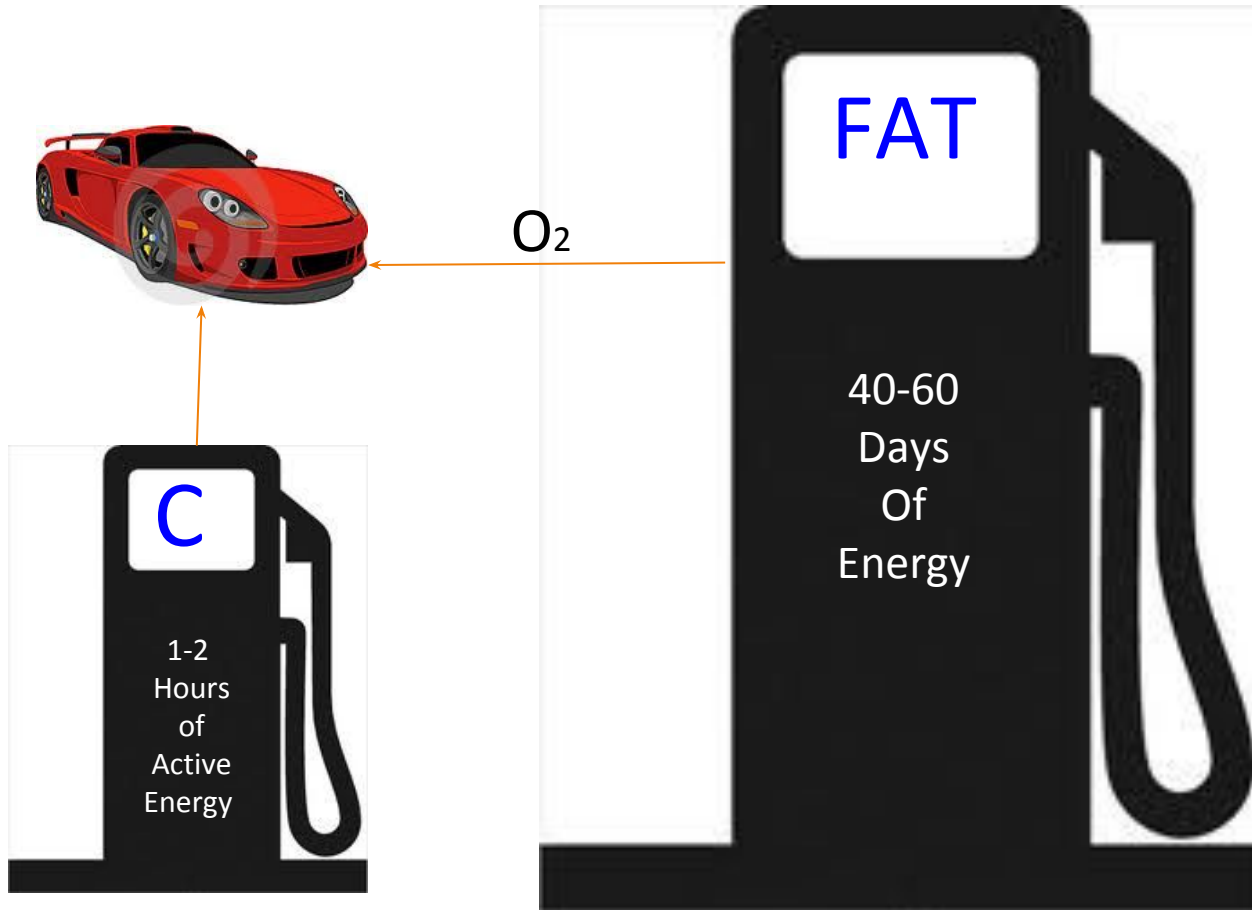
FUEL Your Engine

by
Lisa Wittmer



Follow Lisa on Instagram: [FoodisFuel101](https://www.instagram.com/FoodisFuel101)

Food is **FUEL**



PRIMARY ENERGY



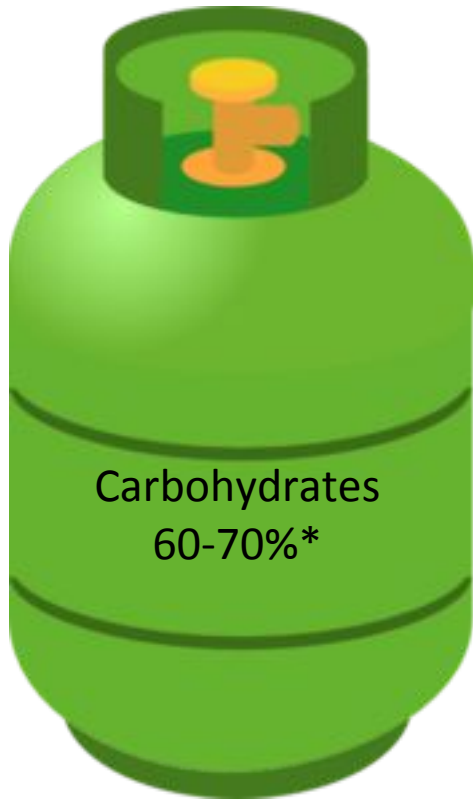
**Build, Repair
Maintenance**

How Much Fuel Do You Need?

Approximately

60-20-20

% of Total Calories



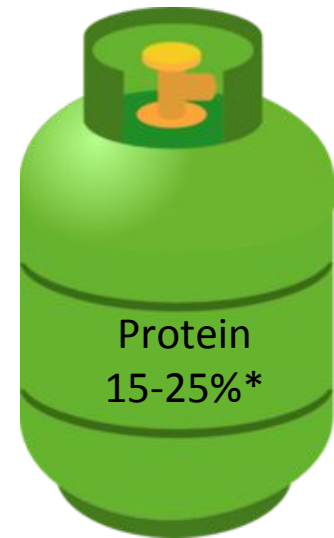
Carbohydrates
60-70%*

3-6g per lb body weight



Fat
20-30%*

.6-.9g per lb body weight



Protein
15-25%*

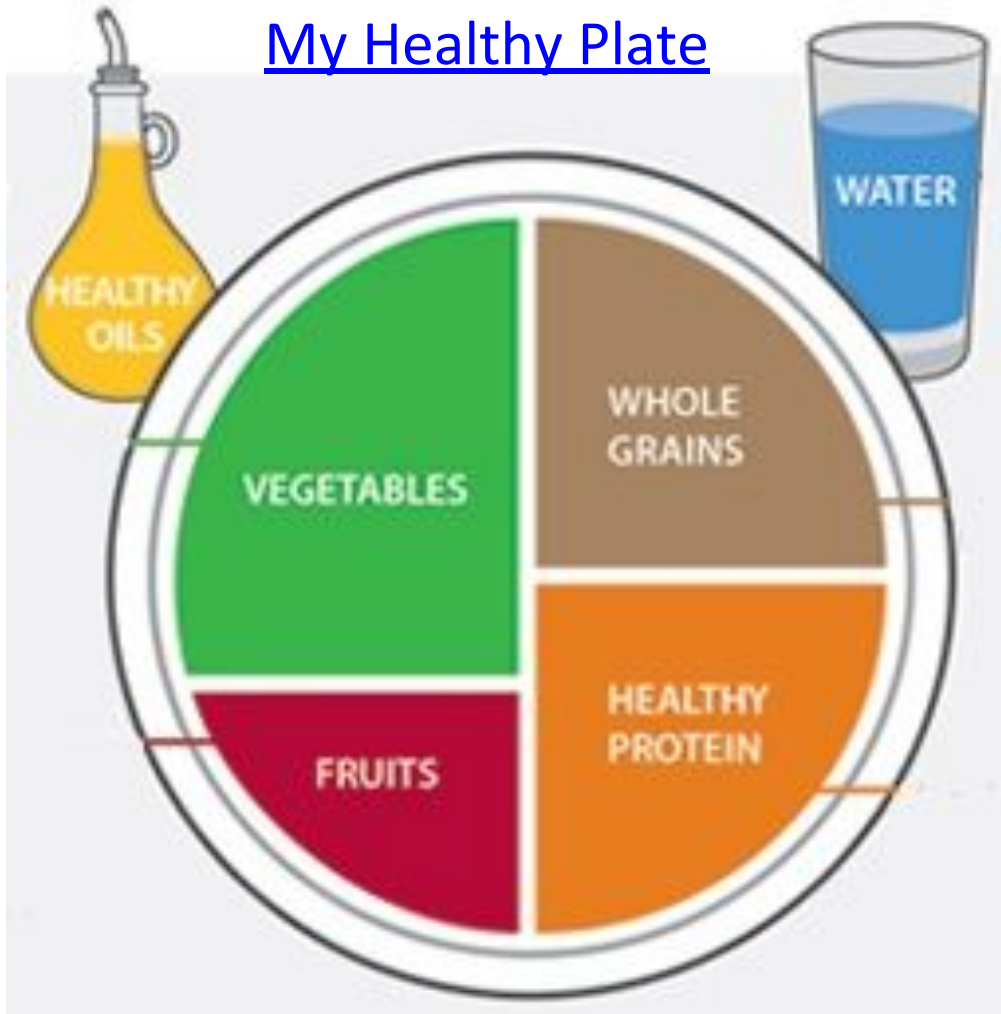
.6-.8g per lb body weight

Female Swimmer ~ 2700-3500 cal / day

Male Swimmer ~ 3500-4500 cal / day

HOW TO FUEL YOUR ENGINE

My Healthy Plate



6 MEALS

- BREAKFAST - MHP
- snack – Mini-MHP
- LUNCH - MHP
- pre-practice fuel
- 3:30 Practice
- recovery fuel
- DINNER - MHP



More Examples of MHP
on
Instagram
FoodisFuel101



Check out more examples of My Healthy Plate on Instagram [FoodisFuel101](#)



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Yes, that's Nutella. A little treat here and there is okay!

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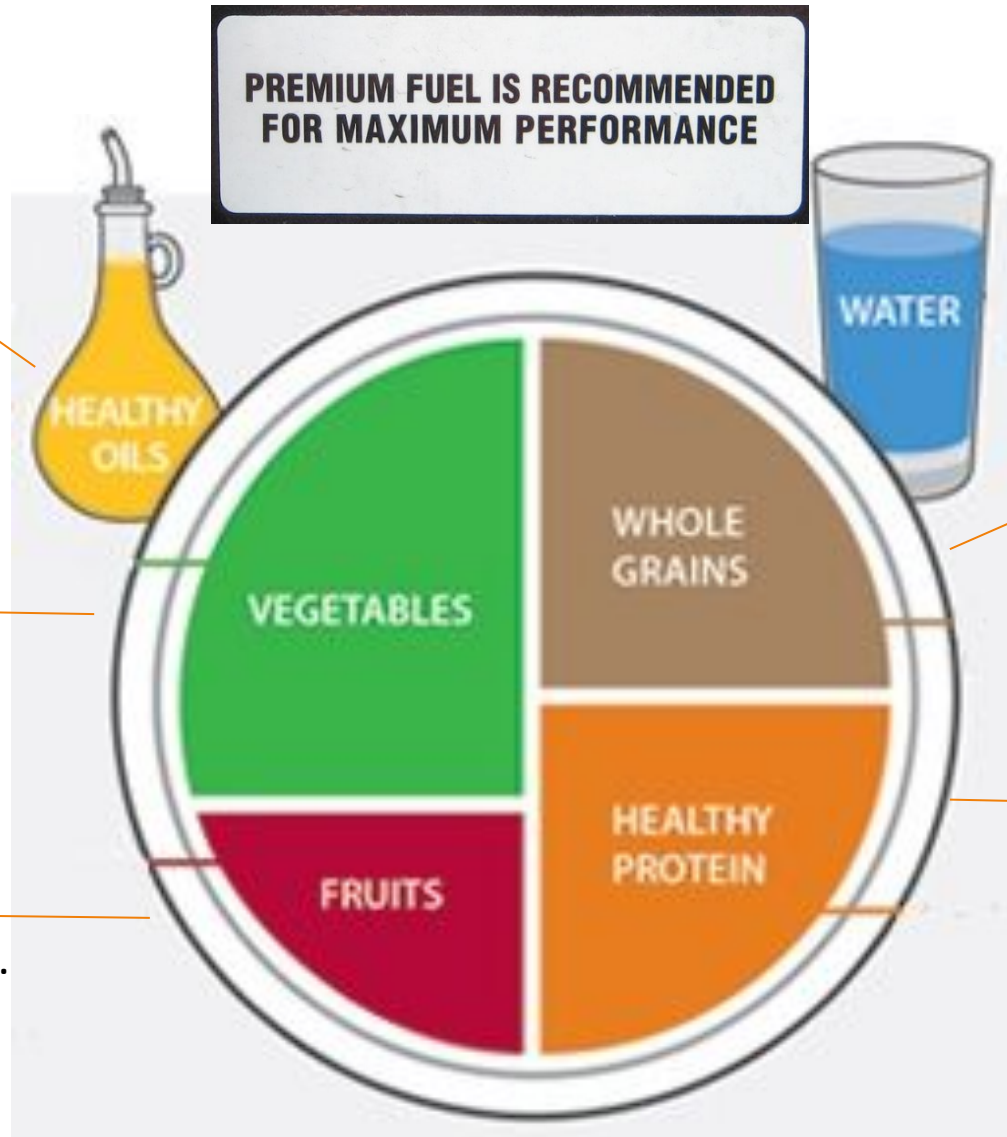
Choose Premium Fuel

PREMIUM FUEL IS RECOMMENDED FOR MAXIMUM PERFORMANCE

Olive oil,
Nut-butters,
Avocado, Hummus.
Avoid Animal-,
Trans-
and Saturated-Fats

The more the better!
Whole veggies
in bright colors and
wide variety.

Whole fruits. Limit
dried fruits and juices.



Water, Milk,
Limit Juices

Bread, Pasta, Rice,
Oatmeal, Oats,
Quinoa, Tortilla,
Crackers, Pretzels,
Popcorn

Fish, Poultry, Lean
Meats, Eggs, LF
Dairy, Legumes &
Soy
1-serving meat =
4oz (deck-of-cards)

Train Your Taste Buds!

Picky? Pickiness can be unlearned.

Choose Fuel That's Good For Your Body
Not Just Your Taste Buds



Practice: Fuel and Recovery

Daily Fuel:

Good Fuel Everyday - My Healthy Plate, Water

Before Practice Fuel:

- Eat 2-3 Hours Before Practice
- Mostly Carbs, Some Protein, Avoid Fat and High-Sugar
Carbs (g) = 0.5 to 1 grams x body weight (lbs)
- Example: Apple (17g) + bagel (50g)..... + FF Yogurt (18g)
- Water

During Practice Fuel:

- Water or Electrolyte Drink
- 1.5+ hrs: quickly-digested Carbs, sports drink, honey, banana, orange swig/bite every 20-min



Recovery Fuel:

- Within 30-minutes: Mostly Carbs, Some Protein
Carbs (g) = 0.5g x body weight (lbs)
Choco Milk + pretzel/fruit/ ½ bagel; ½ PBJ or Turkey
- Within 2-hours: My Healthy Plate meal

Summer – Shuffle Your Fuel Plan

School Year - 6 MEALS

- BREAKFAST - MHP
- snack – mini MHP
- LUNCH - MHP
- pre-practice fuel
- 3:30 practice
- recovery fuel
- DINNER - MHP

Summer - 6 MEALS

- pre-practice fuel!!!
Water + Fuel!
- 6AM practice
- recovery fuel
- BREAKFAST 9AM
- LUNCH 12PM
- 2:30 practice
- recovery fuel
- DINNER



MEETS: Racing Fuel



1-2 Weeks Prior:

- **Good Fuel Everyday** – My Healthy Plate, Be Diligent!

Pre-Meet Fuel:

(same as Pre-Practice)

- **Eat 2-3 Hours Before 1st Event**
- **Mostly Carbs**, Some Protein, Avoid Fat and High-Sugars
Carbs (g) = 0.5 to 1 grams x body weight (lbs)
- Example: Berries & Honey + Granola + F.F. Greek Yogurt
- **Water:** 1-2C when you wake, 1 C 2-hrs before, then 30min

During the Meet Fuel:



- **Nibble! Snack.**
- **Mostly Carbs**, A Little Protein OK, Avoid Fat
 - < 1-hr: liquid carbs, veg/fruit, or fruit puree
 - 2-3 hrs: solid carbs (pretzels, ½ bagel, 1/2 bar...), fruit.
bite of protein (l.f. cheese, egg, deli meat...)
 - 4+ hrs: My Healthy Plate
- **Recovery After Each Event:** top off with swig/bite of carbs
- **Water!**

Recovery Fuel:

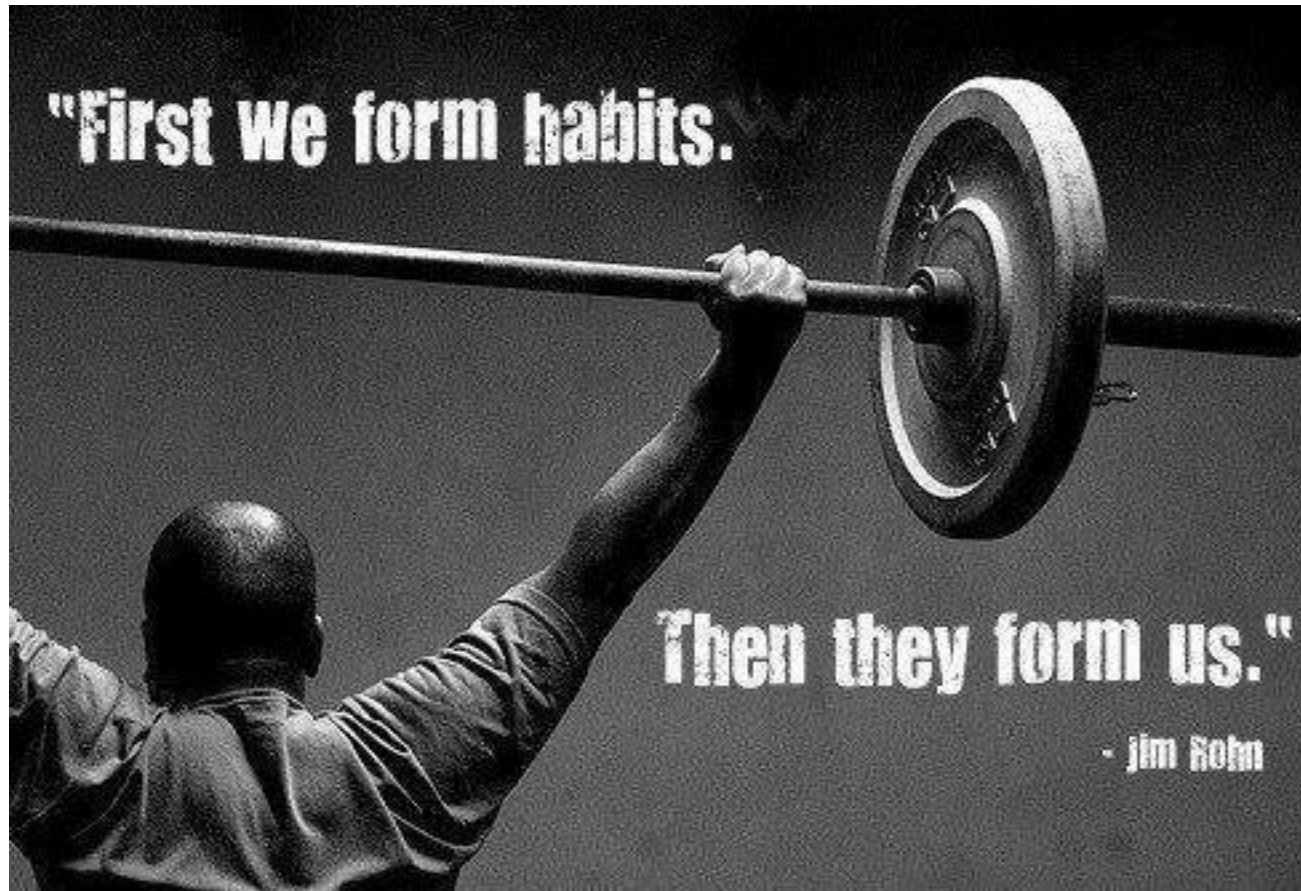
(same as Post-Practice)

- **Within 30-minutes: Mostly Carbs, Some Protein**
Carbs (g) = 0.5g x body weight (lbs)
Choco Milk + pretzel/banana/ ½ bagel, ½ PBJ or Turkey
- **Within 2-hours: My Healthy Plate meal**

How To Do It?

- Make A List of Foods:
 - Like
 - Tolerate
 - Dislike, But I know I Should Eat It
- Plan Some Meals
 - Use foods from all 3-lists!
- Make A Shopping List. Go Shopping.
- **COMMIT YOURSELF TO GOOD FUEL!**

Food is FUEL.
Make It Your Habit.



"First we form habits.

"Then they form us."

- jim rohn