



Fueling for Synchronized Swimming

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GAME CHANGING. LIFE CHANGING.

Today's Agenda

- Foundation of Performance Nutrition
- Day to Day training nutrition
- Quiz!
- Meal planning
- Time for questions



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The foundation of performance nutrition



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TEAM SET UP

1. Get into teams of _____
2. Come up with a team name
3. First team to shout "SHOT GUN" gets to answer first!

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QUIZ TIME

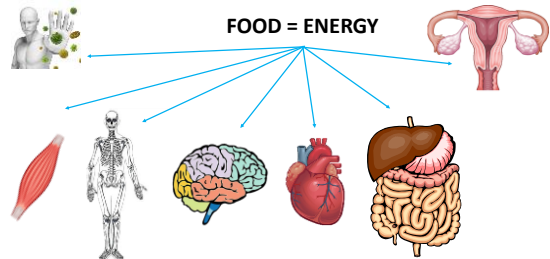
If you do not eat enough of the right foods to fuel your body for exercise, which of the following is true?

- A. Will not be able to perform at your best
- B. You will be more likely to get injured
- C. You will be more likely to get sick
- D. All of the above



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ENERGY/ CALORIES



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QUIZ TIME

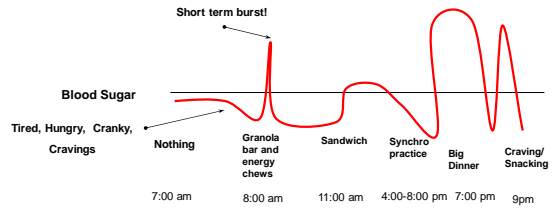
To keep energy consistent, what is the maximum number of hours an athlete should leave between meals and snacks?

- A. 1 Hours
- B. 2-3 Hours
- C. 2-4 Hours
- D. 5 Hours

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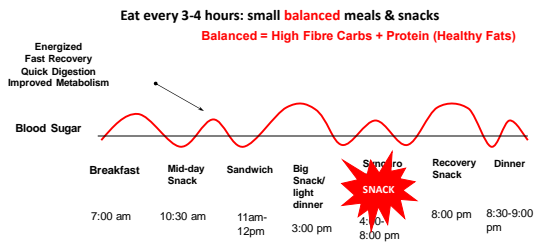
FOOD ENERGY CONNECTION



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FOOD ENERGY CONNECTION



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Balanced Plate Method

The diagram shows a circular plate divided into four quadrants: 'Whole Grains' (top), 'Vegetables' (right), 'Lean Protein' (bottom), and 'Fats' (left). Surrounding the plate are images of various food items: a glass of water, a banana, a bowl of fruit, a cup of yogurt, a slice of cheese, a glass of milk, a bowl of nuts, a bowl of seeds, a bowl of avocado, a bowl of mayonnaise, a bowl of butter, a bowl of margarine, a bowl of salt, a bowl of pepper, a bowl of herbs, a bowl of spices, a bowl of vinegar, a bowl of salsa, and a bowl of mustard.

- FATS** - 1 tbsp.
- Oils
- Avocado
- Mayonnaise
- Nuts, seeds
- Butter
- Margarine
- FLAVOURS**
- Salt, pepper
- Herbs, spices
- Vinegar
- Salsa
- Mustard

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QUIZ TIME

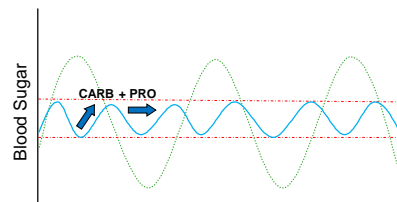
What nutrient(s) is (are) important in a snack to ensure that you maintain your concentration & energy levels throughout the day?

- A. Carbohydrate
- B. Protein
- C. Fat
- D. Carbohydrate and Protein

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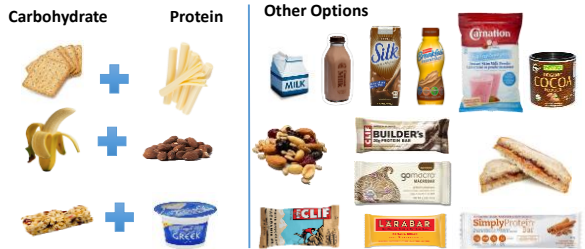


QUIZ TIME



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Balanced Snack Options



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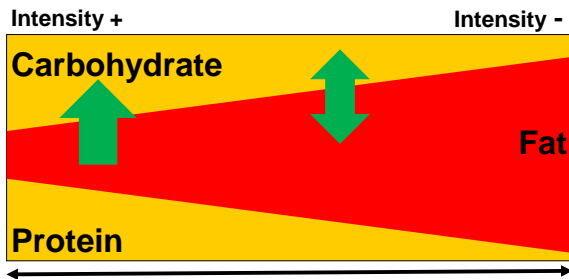
QUIZ TIME

Which of the following would be an ideal pre practice fuelling option if you have **45-min** before practice starts:

- A. Veggie and hummus
- B. Small early dinner
- C. Smoothie with yogurt, milk and fruit
- D. It depends on what you ate during the day and tolerance to food before practice

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Metabolism during Training



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QUIZ TIME

Which of the following is/are good fuelling snack(s) during break on long practices (Saturday/ Sunday)?

- A. Sandwich with PB and fruit
- B. Banana
- C. Cut up veggies
- D. A or B

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QUIZ TIME

What is most important to refuel with right after exercise?

- A. carbs, protein, fats
- B. protein, fluids, vitamins
- C. carbs, protein, fluids
- D. fluids, vitamins, minerals

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QUIZ TIME

Which of the following options would be an ideal recovery snack/ meal after an evening practice?

- A. Homemade chicken wrap with veggies
- B. Banana
- C. Chocolate milk
- D. A or C

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fortius **Recovery - 4 Rs**

REST

The 3 R's of Recovery
By Dr Stuart Phillips

Fluid
Carbohydrate
Protein
Antioxidants

Rehydrate
Refuel
Rebuild

WHEN?

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FLUID + CARBOHYDRATE +PROTEIN



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fortius **PORTABLE SNACK OPTIONS**

PRE-TRAINING/ MID TRAINING **RECOVERY – HIGH PROTEIN**

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fortius **PUTTING IT TOGETHER – MEAL PLANNING**



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fortius **MEAL PLANNING**

CHOOSE A RECIPE

- Variety
- Seasonality
- Cost
- Availability (what do you already have!)
- Different options: freezable, fast and easy, batch cooking friendly, versatile leftovers, etc.
- Level: Fast & Easy!

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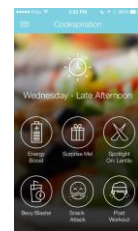
fortius **MEAL PLANNING**

CHOOSE A RECIPE

All recipes – Ingredient Recipes:
<http://allrecipes.com/recipes/17567/ingredients/>

Cookspiration App
✓Suggests recipes depending on day of the week (Monday/Saturday) and time of the day (afternoon/morning)

- ✓Meal categories:
 - Dinners
 - Lunches to go
 - Breakfasts
 - Beverages
 - Snacks/Desserts



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SPORT NUTRITION

Cookspiration App

Favourite Recipes

Quick Lunches

Red meat Recipes

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How to make balanced meals

The Pantry Checklist

Grains

Pulses

Canned fish

Nuts & Seeds

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How to make balanced meals

The Fridge Checklist

Boiled Eggs

Dairy

Pre-washed greens

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How to make balanced meals

The Fridge Checklist

Pre-cut veggies

Pre-cooked meat/leftover

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Some Useful Equipment

- Blender/Immersion blender/Food processor for soups
- Rice cooker
- Slow cooker
- Large pot & fry pan to batch cook
- Slap chop

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Quick Meal Ideas

- **Sautéed chicken with Quinoa & Kale**
 - Sautéed diced chicken
 - Add quinoa and water – bring to a boil
 - Add Kale – simmer for a few minutes
 - Top with maple Dijon dressing
- **Beef stew in a slow cooker**
 - Dump all ingredients in slow cooker
- **Black bean vegetarian chili**
 - Diced sweet potatoes, sautéed in large pot with onions
 - Add spiced (chili/ cumin
 - Add canned beans + canned tomatoes
 - Let simmer
- **Homemade pizza**
 - Thick whole wheat pita
 - Base sauce: tomato / pre made pesto
 - Favorite veggies
 - Top with cheese
- **Chicken Quesadilla**
 - Leftover chicken shredded
 - Tortilla
 - Shredded cheese
 - Pepper

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Revamping Leftovers

Some ideas...

- Roasted chicken?
- Tomato meat sauce?
- Salmon fillets?
- Leftover meat & potatoes?

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Quick Breakfast Ideas

- **Smoothie:**
 - Greek yogurt/ milk
 - Fruits & Greens (spinach)
 - Nut butter, cinnamon, flaxseeds
- **Homemade loaf with nut butter + glass of milk**
 - Can add yogurt/ fruit
- **Scrambled egg roll with veggies**
- **Quesadilla with apples**
 - Sliced apples
 - Melted cheese in tortilla bread

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Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
BREAKFAST 7:00 AM							
AM SNACK							
LUNCH							
RECOVERY							
DINNER							
NIGHT SNACK							

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Wrap up

- Keep a scheduled eating – every ~3 hours is the ideal time.
- Carry snacks with you wherever you go
- Make sure your main meals are balanced
 - Carb, pro, antioxidants
- Ensure optimal recovery by grabbing a snack/ meal immediately after practice
 - Remember: the 4 R's of Recovery (Rehydrate, Refuel, Rebuild and Rest).

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THANK YOU!

QUESTIONS?

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