

Healthy Meals for Swimmers on the Go

Source: USA-Swimming Official Website

Notes on BREAKFAST - Start your day off right!

- Try pancakes, waffles, french toast, bagels, cereal, English muffins, fruit or juice. These foods are all high in carbohydrates.
 - Avoid high-fat choices such as bacon, sausage or biscuits and gravy.
 - For breakfast on the run, pack containers of dry cereal, crackers, juice or dried fruit such as raisins and apricots; or pack fresh fruits such as apples or oranges.
 - If you eat breakfast at a fast food restaurant choose foods like cereal, fruit juice and muffins or pancakes. Avoid breakfast sandwiches, sausage and bacon.
-

EXAMPLES OF HIGH CARBOHYDRATE BREAKFAST MEALS:

At Home:

Orange juice
Fresh fruit
Low-fat yogurt
Pancakes with syrup
2% or skim milk

OR

Plain English muffin
Strawberry jam
Scrambled Egg
Orange juice
2% or skim milk

At a Fast Food Restaurant:

Hot cakes with syrup (hold the margarine and sausage)
Orange juice
Low-fat milk

OR

Cold cereal with low-fat milk
Orange juice
Apple, bran or blueberry muffin

At a Convenience/ Grocery Store:

Fruit flavored yogurt
Large bran muffin or pre-packaged muffins
Banana
Orange juice
Low-fat milk

At a Family Style Restaurant:

Pancakes, waffles or french toast with syrup (hold the margarine, bacon and sausage)
Orange juice
Low-fat milk

Notes on LUNCH and DINNER

- Select pastas, breads and salads.
- Select thick crust rather than thin crust pizza for more carbohydrates.
- Choose vegetables such as mushrooms and green peppers on the pizza. Avoid high fat toppings such as pepperoni and sausage.
- Select vegetable soups accompanied by crackers, bread, or muffins.
- Emphasize the bread in sandwiches, not the condiments, mayonnaise or potato chips.
- Avoid deep fat fried foods such as french fries, fried fish and fried chicken.
- Choose low-fat milk or fruit juices rather than soda pop.

EXAMPLES OF HIGH CARBOHYDRATE LUNCH OR DINNER MEALS:

<p>Large turkey sandwich on 2 slices of Whole-wheat bread Slice of low-fat cheese Lettuce, Tomato Fresh vegetables (carrots and celery strips) Low-fat yogurt Fresh fruit or fruit juice</p>	<p>Minestrone Soup Spaghetti with Marinara Sauce Salad Italian Bread Fresh Fruit 2% or skim Milk Sherbet</p>
<p>Chili on a large baked potato Whole grain bread or muffin Low-fat chocolate milkshake Fresh fruit</p>	<p>Thick crust cheese and vegetable pizza Side salad Fresh fruit 2% or skim milk</p>

LUNCH/DINNER AT FAST FOOD RESTAURANTS

<p>McDonald's - 500 kcal Chicken fajita Vanilla low-fat milk shake</p> <p>OR</p> <p>Hamburger Low-fat milk Low-fat frozen yogurt cone</p> <p>Taco Bell - 700-750 kcal Bean burrito with red sauce Plain 10" tortilla Low-fat milk</p>	<p>McDonald's - 700-750 kcal Hamburger Side salad with low calorie dressing Strawberry low-fat milkshake</p> <p>McDonald's - 1,000 kcal McLean Deluxe with cheese Medium fries Chocolate low-fat milkshake</p> <p>Wendy's - 1,000 kcal Plain baked potato Chili Side salad Small frosty</p>	<p>Burger King - 500 kcal BK Broiler with BBQ sauce 2% milk Orange juice</p> <p>Arby's - 700-750 kcal French dip Side salad with lite Italian dressing Jamocha shake</p> <p>Pizza Hut - 1,000 kcal 2 slices medium cheese pan pizza 6 breadsticks Beverage</p>
--	--	--