

CARBOHYDRATES

- Carbohydrates provide fuel for the body. It is used by the muscles and the brain
- Carbohydrates can be classed as starchy and sugary. It is not a case of either/or as swimmers will need both.
- Mostly starchy carbohydrates (bread, pasta, rice, potatoes, and breakfast cereals) should be eaten as meals. For many years these foods were thought to be fattening foods. This is not true. These foods are low in calories and are very filling which helps to prevent you from feeling hungry soon after eating.
- Sugary type foods (sweets, biscuits, soft and sports drinks) should be kept for snacks before, during and/or after training and competition.

It is important that enough carbohydrates are eaten to maintain performance

Quick High Carbohydrate Meals

- ✚ Baked Potatoes filled with tinned tuna (drained) and sweetcorn or baked beans
 - ✚ Pitta bread with cooked, chopped roast meat and cooked vegetables or roughly diced salad
- ✚ Pasta with diced onions, garlic (optional), herbs, canned tomatoes, topped with low fat grated cheese
- ✚ Cooked rice mixed with chopped ham, peas, sweetcorn, mixed peppers
- ✚ Look for jars of sauce that are low in fat such as tomato and basil, and sweet and sour and pour over chopped chicken or bacon and serve over cooked rice or mix with cooked pasta
- ✚ Beans, spaghetti, beans, sardines, pilchards or mashed banana on toast

Hints to save time

- ✚ Cook plenty of rice and divide into 2-3 portions. When cold, freeze and to defrost pour boiling water over the rice to have instant hot, cooked rice
 - ✚ Make more than one dish and freeze
- ✚ Add frozen mixed vegetables to rice and pasta dishes as they cook