

FRUIT & VEG FOR FAST SWIMMING!

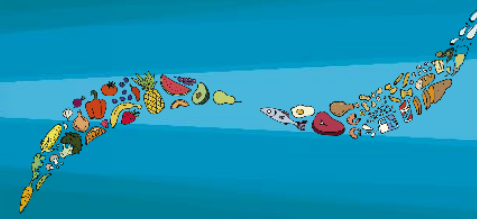
We've all heard the message about eating your 5-a-day (*and for elite swimmers we recommend >7 per day!*) but have you ever stopped to think about how fruits and veg may actually help your performance?

Here we explore some of reasons why this simple message can have a big impact...



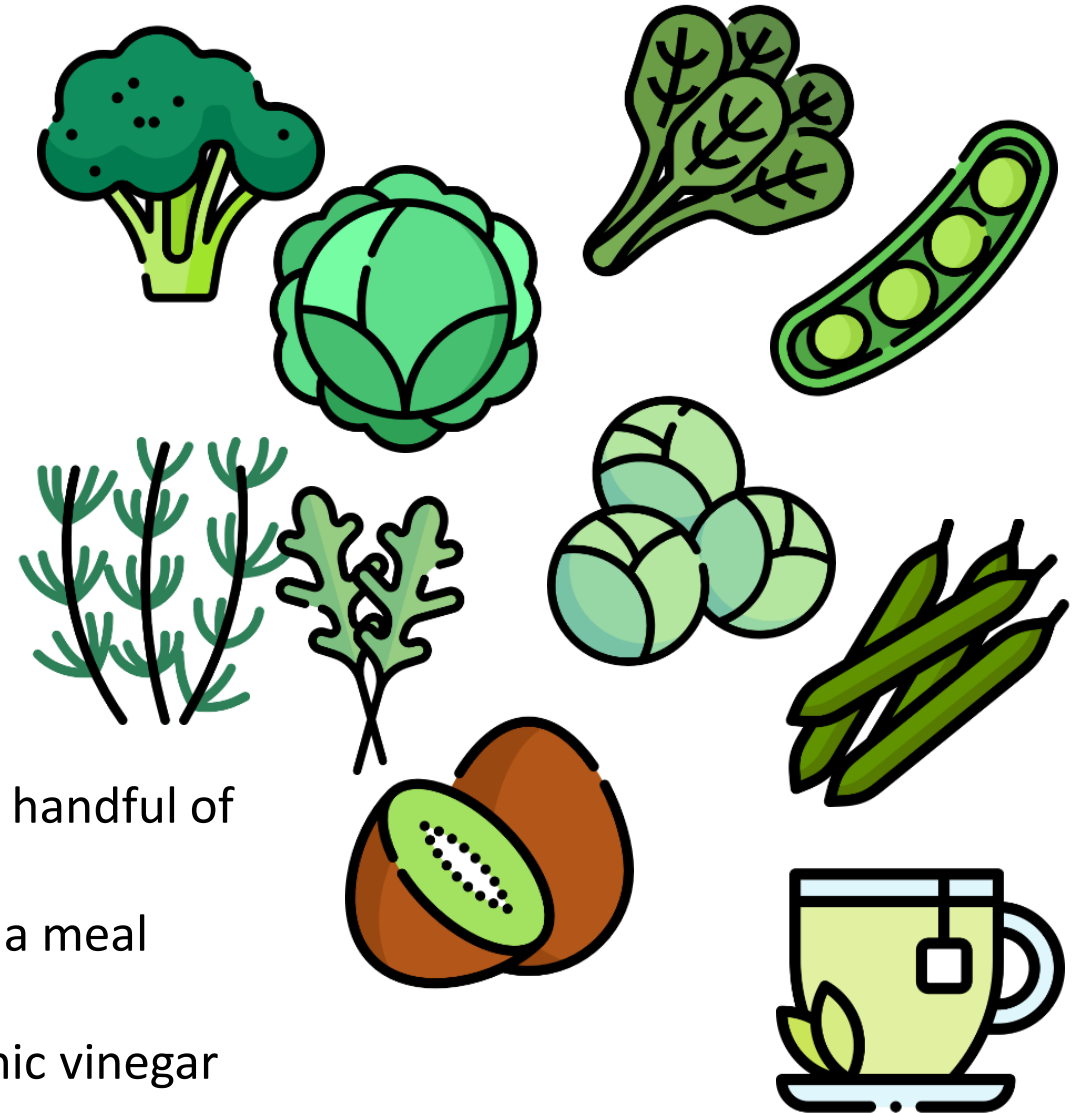
Only 8% of 11-18 year olds meet the 5-a-day recommendation

FRUIT & VEG FOR FAST SWIMMING



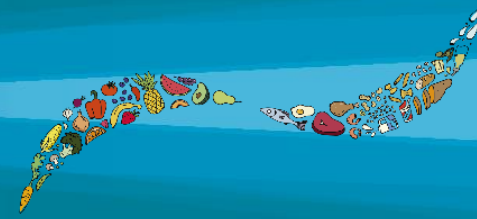
GREENS

- Green leafy veg is rich in **Vitamin C** – gram for gram there is more than double the Vitamin C in kale than an orange!
- Green veg is also great for **Vitamin K** which is essential for developing strong bones – this is incredibly important for younger swimmers during periods of growth!
- Green tea is rich in polyphenols called catechins which have **anti-inflammatory** and **antioxidant** effects which may improve recovery!



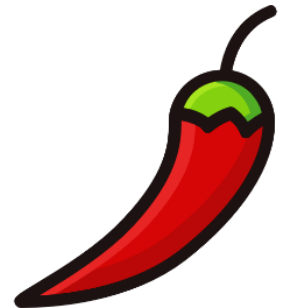
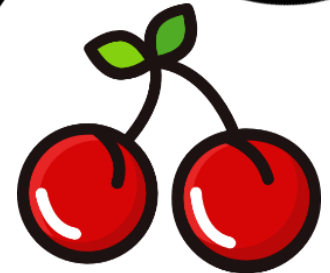
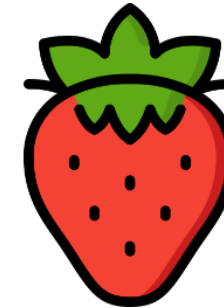
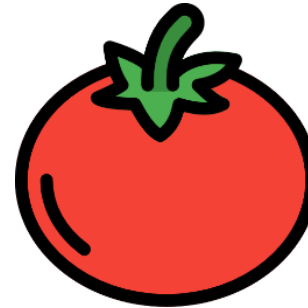
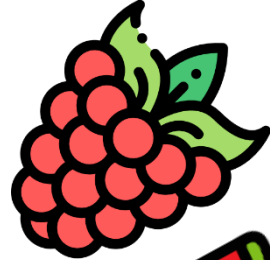
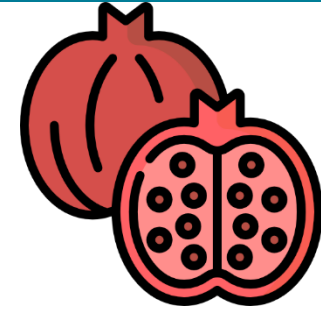
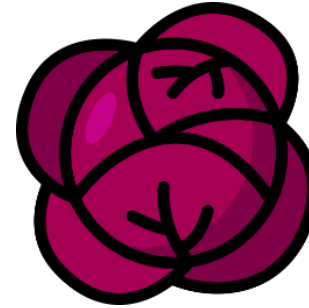
- Increase your green leafy veg intake by throwing a handful of **spinach** into your **smoothie**
- Microwave **frozen peas** for a 3-minute addition to a meal
- Add chopped **broccoli** to a stir-fry
- Make a **side salad** of **rocket**, parmesan and balsamic vinegar

FRUIT & VEG FOR FAST SWIMMING



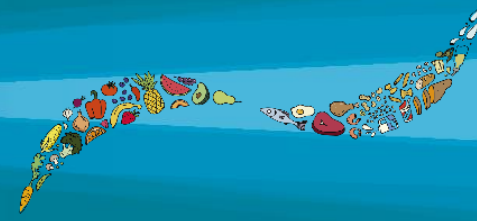
REDS

- **Lycopene** is the pigment that gives many fruits their pink/red colour and may have cardiovascular benefits
- **Pomegranates** contain a potent **antioxidant** called punicalagins which may enhance endurance and strength performance and post-exercise **recovery!**
- Concentrated **cherry** juice contains antioxidants which may **reduce muscle damage** and improve **sleep**
- A single red **pepper** will give you **double** your daily requirement for **Vitamin C!**



- Top a tortilla wrap with **tomato puree, red peppers, chillies** and cheese then cook in the oven for 10min for a quick and tasty **pizza!**
- If your fresh **strawberries** and **raspberries** are starting to go off then put them in the **freezer** to add to smoothies, this will help reduce any further degradation of the nutrients

FRUIT & VEG FOR FAST SWIMMING



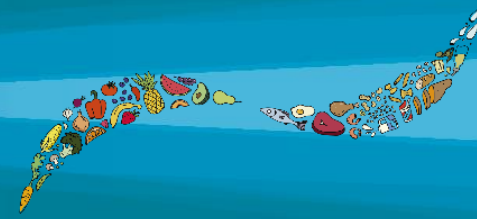
ORANGE

- **Bromelain** from pineapples can help with **digestion** and might also help reduce **nasal congestion!**
- A single carrot will give you more than **double** your daily requirement for **Vitamin A** which plays a key role in **immune function**
- **Turmeric** contains a powerful **antioxidant** which can reduce **inflammation** and may decrease joint pain
- **Sweet potatoes** are a great source of **carbohydrates** to help fuel training but they also pack a big hit of **Potassium and Vitamins A, E & C**

- Carrot and sweet potato **soup** is not only delicious but a **nutrition powerhouse!!**
- Make a **salsa** from mango, sweetcorn, pepper, onion and lime juice – this goes great with chicken or fish!
- Orange juice is a great option to replenish energy stores after training



FRUIT & VEG FOR FAST SWIMMING



WHITE

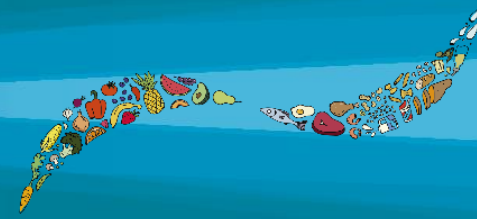
- **Garlic** contains a powerful molecule called **allicin**, which gives its characteristic smell and taste, but also helps **relax blood vessels** and support **immune** function
- **Quercetin** is a flavonoid found in **apples** and **onions** with strong anti-inflammatory effects which may decrease the frequency of upper respiratory infections (coughs, colds, sore throat...)
- A large **banana** will give you the same amount of **carbohydrate** as a typical energy gel!



- Frying **onion** and **garlic** then adding tomatoes is the start to many of our favourite **Italian** dishes
- **Ripe bananas** are perfect for **baking** – try making banana bread, banana muffins, banana cookies, banana pancakes, banana bars...
- Take the opportunity when your oven is on to also **roast** some **root vegetables** – they are great to have clod for leftover lunches

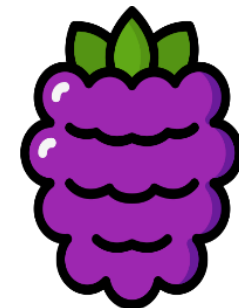
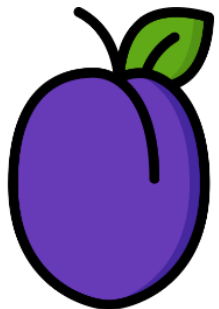
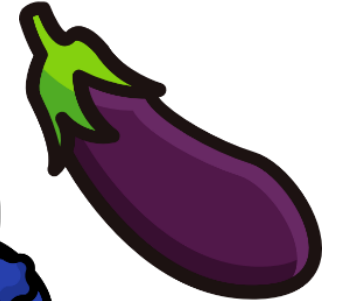
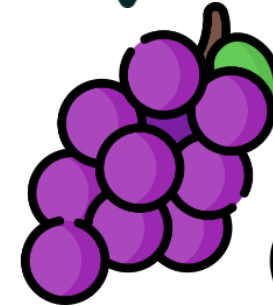
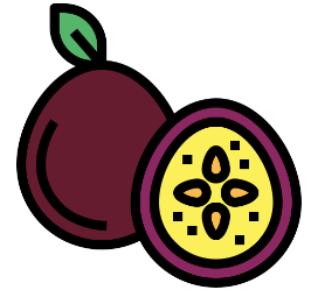


FRUIT & VEG FOR FAST SWIMMING



PURPLE

- **Beetroots** are rich in **nitrates** which promote dilation of blood vessels and enhance the delivery of **oxygen** to our muscles during exercise
- **Plums** have a great **fibre** content for their size and support good gut health
- **Blackcurrant extract** may improve exercise performance and recovery through its high content of anthocyanins which have **antioxidant** effects
- **Blueberries** have a positive effect on brain health so they may be of greater benefit to older swimmers at risk of cognitive decline



- **Frozen grapes** make a great sweet snack
- Storing **blueberries** in the fridge will help them last **longer** but eating them at room temperature enhances their **flavour**
- Make **yoghurt bark** by spreading some natural or Greek yoghurt on baking paper then topping with fresh **berries** before freezing then breaking into bite-sized pieces