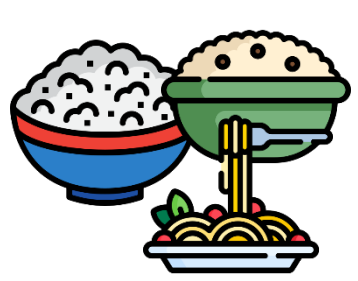
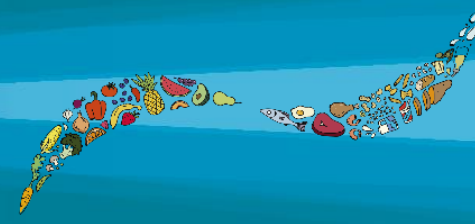
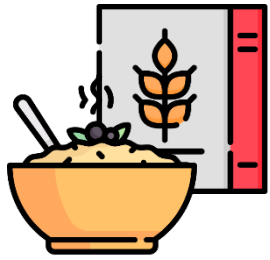


THE SWIMMER'S SHOPPING TROLLEY

What foods should regularly be found in a swimmer's shopping trolley to promote positive nutrition choices...

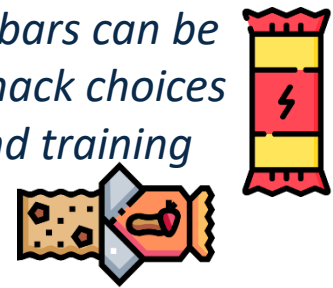


Grains for main meals are excellent energy sources e.g. rice, pasta, cous cous, quinoa

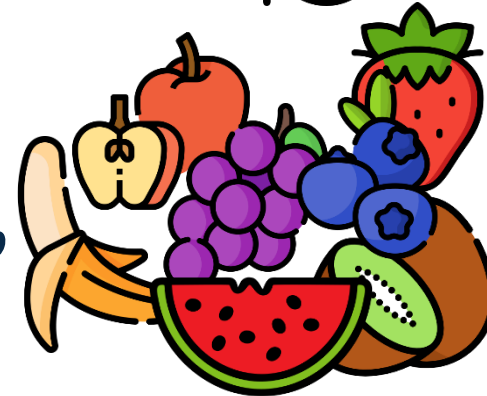


Oats and wholegrain cereals for fuel and recovery

Cereal bars can be good snack choices around training



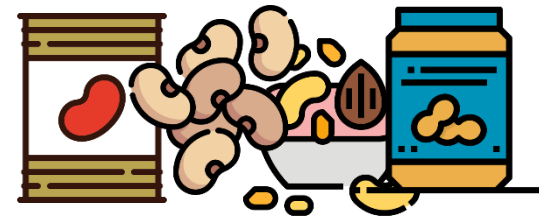
Fruits and veg for micronutrients - aim for as wide a variety as possible



Breads are convenient sources of carbohydrates to fuel training



Dairy foods are great for bone health and recovery from training



Beans, legumes, nuts and seeds for fibre and micronutrients

Animal proteins for recovery - buy the best you can afford

