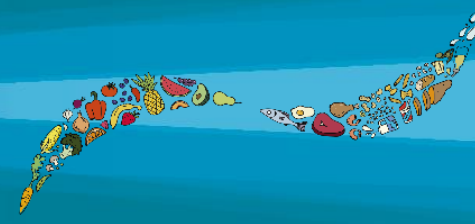


COFFEE SHOP GUIDE

A swimmers guide to navigating the variety of options at most coffee shops...



Espresso

The base of most coffee drinks – a concentrated shot of coffee. Contains no significant calories.



Americano

Just an espresso topped up with hot water. Same amount of coffee, just more fluid.



Flat White

This is a shorter drink at around 160ml but just contains espresso and steamed milk.



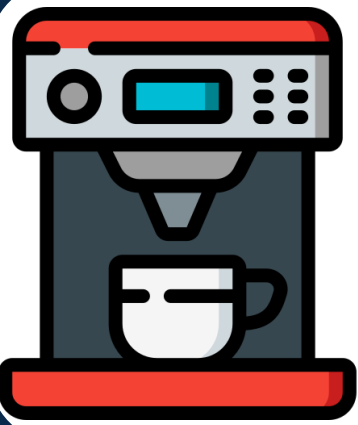
Caffé Latte

Bigger than a flat white at around 240ml but just contains coffee and milk.



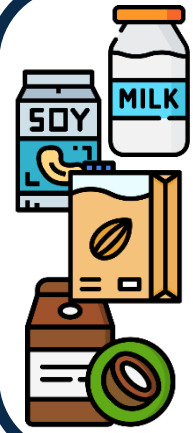
Cappuccino

Similar to a latte but contains more milk foam to give a frothy top to the drink.



SINGLE OR DOUBLE SHOT?

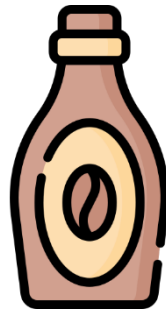
Most coffee shops use a double shot of espresso in their drinks (especially in the bigger drinks) but some will use a single shot for shorter drinks like a flat white. Be aware that this will vary between cafes.



Skinny, soy, coconut, almond, oat....

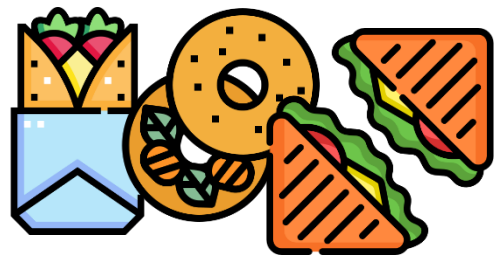
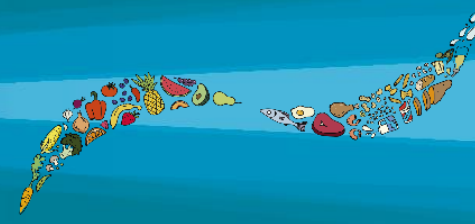
There are plenty of milk options available that will change the flavour, texture and nutrient profile of your coffee.

Syrups (e.g. vanilla, caramel, chocolate...) add a distinct flavour to your coffee and allow for a greater variety of choice. Be aware that most are very high in sugar though!



COFFEE SHOP GUIDE

A swimmers guide to navigating the snacks and meals available at most coffee shops...



SANDWICHES & WRAPS

Choose options containing lean proteins, wholegrain breads and lots of veggies.



PORRIDGE, FRUIT & YOGHURTS

Great options to fuel training and promote recovery!



TRAY BAKES & TRAIL MIX

Be cautious here and choose options higher in fibre with fruits and oats – these can be helpful to fuel training.



PASTRIES & COOKIES

Not a great regular choice for swimmers. They are often high in calories, sugar and fat and with few micronutrients.

500kcal



COFFEE OR DESSERT?

Be aware that some drinks can be very high in sugar and fat so it's not uncommon to find drinks that are around 500kcal!!



3Rs

Remember the 3Rs of Recovery?

Refuel
Repair =
Rehydrate



or



Latte