

Snack and Fluid Recommendations

The following foods are recommended before and or during a competition:

- Water
- Sport drinks
- Chocolate milk
- Juice boxes
- Cut fruits and veggies
- Cheese and crackers
- Hard boiled eggs
- Granola bars
- Little pita breads
- Yogurt (tubes work great)
- Hummus and other nutritious dips
- Sports drinks with a small portion of protein powder (should not be mixed prior to the meet)

The key is to ensure that you have packed a variety of both carbohydrates and proteins.

The following foods should be avoided during competition:

- Carbonated drinks
- Foods high in sugar
- Foods high in fat
- Nuts (Synchro Swim Ontario competitions are nut free)