

Quest Swimmer Health and Nutrition

One of our goals as a program is to provide proper education for both our swimmers and families to help make sure we are doing everything possible outside of the pool to create a positive environment that allows for maximal success in the pool. An area that can sometimes be quick to overlook is swimmer health, nutrition and hydration. In an effort to help our swimmers and parents further understand the difference in needs between a normal growing child/teenager vs an elite level competitive swimmer, we have compiled a number of helpful articles that break down what you should be eating, when you should be eating it, and how much of it you should be eating.

Since this section of the website will be an ever-growing one as we gain more information and learn more about how we can help our swimmers in other areas like recovery, sleep, mental health, self-confidence, etc, we would encourage all families to continue to check out our updates as they come. In the meantime, here are some nutrition articles our senior coaching staff provides our swimmers throughout the season each year.

- [Basic Break Down of Nutrition for Athletes](#)
- [Carbohydrate Choices Break Down](#)
- [Protein Choices Break Down](#)
- [Top 5 Recovery Snacks for Swimmers](#)
- [What Not to Eat After a Workout](#)
- [What to Eat to Recover During Competition](#)
- [Hydration Recommendations During Training & Competition](#)
- [Nutrition For Teenage Swimmers: How much protein is right?](#)
- [Nutrition Cheat Sheet \(eating well all the time\)](#)
- [General Nutrition Information](#)
- [Nutrition Cheat Sheet \(meet day\)](#)
- [Paint Your Plate](#)
- [Slow-cooked Oatmeal](#)
- [No-bake Energy Balls](#)
- [No-bake Peanut Butter Cereal Bars](#)
- [Coach Amy's Chicken Squares](#)