

SECTION 7

Fat check!

Fat is a concentrated source of energy that is used as a fuel during aerobic work. Unlike carbohydrate stores, which can deplete to low levels in training, swimmers will not run out of fat. Even the leanest individual has plenty of fat available to keep them going!

Swimmers should be consuming a diet that contains moderate quantities of fat. The key to achieving this whilst maintaining a lean physique is to check that your meals and snacks do not contain large quantities of fat. This does not mean that all the food that you eat must be low in fat (in fact a very low fat diet is harmful to health as is a high fat diet), but that over the course of a day you do not eat excessive quantities of fat. In practice, the odd indulgence in a fried breakfast, fish and chips or a curry will do you no harm! This shouldn't become the norm!

The following foods are relatively high in fat but important because they either contain certain types of fat that are essential to good health and performance or they contain a range of other important nutrients. It is these foods that should form the focus of your fat intake.

Olive oil/pure vegetable oils
 Nuts and seeds
 Oily fish (salmon/sardines/mackerel)
 Cheese and milk
 Eggs

If a swimmer is trying to become leaner whilst maintaining their training load then some higher fat food choices should be swapped for some lower fat alternatives. Carbohydrate intake should remain high if training is to be maintained.

HIGHER FAT	LOWER FAT
Butter /margarine	Use sparingly or not at all!
Lamb/pork other fatty meat	Cut fat off or switch to chicken/turkey/lean red meat
Fried foods	Grill/bake or stir-fry
Chips/roast potatoes	Jacket potatoes (watch the butter!)/boiled or mashed
Pies/pasties	Shepherd's pie/fish pie
Sausages/sausage rolls	Beans or poached/scrambled eggs on toast
Quiche	Sandwiches/rolls/wraps/baguettes
Creamy curry	Dry chicken tikka/shashlik and rice
Full fat milk	Skimmed/semi-skimmed milk

Cream cakes/doughnuts	Malt loaf/Scotch pancakes
Chocolate bars	Cereal/dried fruit bars
Crisps	Rice cakes/crackers with Marmite
Cheesecake	Fruit salad and low fat yogurt
Ice-cream	Yogurt ice-cream/sorbet
Creamy pasta sauces	Tomato based sauces
Chocolate biscuits	Jaffa Cakes/Fig Rolls/Garribaldi

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