

Meet Snacks for Before or After a Race

Bottled Water -- The human body is about 60% water. Always keep your reservoir replenished.

Low-Fat Milk -- You can't have a strong swimmer without strong bones. Post race

Greek Yogurt -- 10 grams of protein in a cup. Post race

Nuts -- With about 20% protein in a 1/4 cup, any swimmer would be nuts not to snack on nuts.

Bananas & Dried Fruit -- Rich in vitamins, fiber and energy -- Mother Nature's gift to swimmers. Before the race

Whole-Grain Granola Bars -- Skip the sugar and dive into slow burning energy. Before the race.

Carrot Dippers -- Low in sugar. High in flavor. Before the race

Instant Oatmeal -- An instant snack for sustained energy.

Apple Chips -- If you feel like chips, go apple, not fried potato chips. *Note: potatoes are a really healthy source of energy, vitamin C, potassium and fiber, too, it's just when they're fried into chips that they can be a problem at a meet!*

Tuna Packets -- Eat tuna and swim like a fish.

String Cheese -- Not many carbs. Just a long line of energy. After the race

Fig Bars -- With almost no fat, it's the smart swimmer's candy bar.

Applesauce Packs -- It's the secret sauce for swimming success.

Hardboiled Eggs -- All the protein you need to egg yourself on.

Trail Mix -- With about 15% protein in a 1/4 cup, many trail mixes put you in the lane to success. Trail mix is a great post-race option.

Protein bar—Just what it says. Great source of protein for after practice or a race.