



Swim meet snacks 15-30 minutes before racing

These snack ideas are for swimmers who are performing quick back-to-back events and need to recover and refuel their energy stores before their next big race. It is recommended swimmers keep quick digesting, simple carbohydrates on hand to snack on between swim meet events.

Aim for at least 10-15 g of carbohydrate snacks 15-30 minutes before swimming such as:

1. **Banana:** eat ½ banana in between events or before a relay for a boost of potassium and carbs before swimming.
2. **Fruit snacks:** Welch's fruit snacks are easily digestible, non-perishable snacks you can keep in your swim bag at all time.
3. **Dates:** 1-2 dates will boost energy stores and get you ready for your next big race.
4. **Raisins:** half of a 1.5oz box will give swimmers a quick burst of energy.
5. **Pretzels:** eat around 15-20 crunchy pretzels for a sodium and energy boost in between races.
6. **Goldfish crackers:** gobble up a handful of goldfish crackers
7. **Apple sauce:** have a cup or a squeeze pouch of apple sauce.
8. **Honey:** bring honey sticks for a quick boost of carbohydrates from natural sugars.
9. **Dried cereal:** a handful of your favorite cereal is a great portable swim meet snack option for competitive swimmers.
10. **Dried apples:** boost your energy stores with 4-5 dried apple rings between events!
11. **Honey stinger waffle:** this is another snack that is easy to eat and requires no prep! The waffles come in many tasty flavors!
12. **Fruit cup:** look for fruit cups packed in juice or water, rather than heavy syrup, for a carbohydrate-rich snack on the go.
13. **Sports gels:** different sports gels such as Gu's are concentrated sources of carbohydrates that provide a quick energy boost without the need to chew!
14. **Sports gummies:** there are various brands of sports gummies available that are formulated with carbohydrates and electrolytes to provide energy for physical activity.
15. **Dried mango:** these dried fruits are a chewier, carbohydrate-rich snack sure to boost your energy levels! Buy the ones covered in tajin for extra sodium before your race.