



**SPORTS
NUTRITION**

Sport Nutrition for Diving

A Practical Guide for Athletes and Coaches



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Breaking Down a Healthy Diet for Divers

7 Foundations of a Healthy Diet

1. Healthy nutrition starts with planning. Mentally or physically map out meals and be sure this food is available.
2. Eat at regular intervals in the day. No longer than 4 hours without food.
3. Choose whole foods vs processed foods for the majority of your diet (90% of the time) (see ideas below)
4. Balance meals and snacks with carbs, protein, antioxidants and healthy fats (see healthy plate below)
5. A healthy relationship with food and your body. Eat for health/performance, not boredom, guilt or stress.
6. Choose liquids with minimal sugar like water, milk/soy/almond beverage, tea. Avoid juice, soda, energy drinks.
7. Enjoy “treats” in moderation – they taste better this way!

Whole Food Based Meal and Snack Ideas

Best Breakfasts

- Oatmeal, 1-2 eggs, handful of almonds
- Shake = 2 cups skim milk/soy/almond, 1 banana, 1 Tbsp natural peanut butter
- Mix - 6oz Greek yogurt + 1/3 cup whole granola + 1-2 Tsp dried cranberries
- 1-2 sl. whole grain toast with natural peanut butter + 1 cup skim chocolate milk/soy
- 1-2 cups high pro cereal (eg. Kashi) + 1 cup skim milk

Best Snacks

- 6oz Greek style yogurt + small fruit
- ½ scoop whey + 1.5 cups skim milk/soy
- 1 cup of vegetable sticks + 2 Tsp hummus
- ½ cup skim cottage cheese + 1 fruit
- Natural nutrition bars (look at ingredient. list)

Best Lunch's/Dinners

- Chicken breast salad w/ low fat dressing + fruit
- Tuna salad mixed with low fat ranch salad dressing on wheat pita + 1 cup celery sticks
- 1-2 cups vegetable soup + turkey sandwich on whole grain bread
- Tofu, chicken or beef stir fry with veggies, brown rice
- Salmon, trout or whitefish + couscous + steamed vegetables
- 1-2 cups of vegetarian, turkey or lean beef chili + 1 cup carrots
- Lean beef steak + baked potato/sweet potato + side spinach salads.

Healthy Plate for Weight Management



Healthy Plate Graphic Created by: University of Colorado at Colorado Springs

On-Deck Nutrition & Hydration Strategies for Training & Competition

Common Fueling Mistakes	How this Impacts Performance	How to Correct
<p>UNDERFUELING Not eating very much before practice/competition. Usually due to not wanting to feel full (aerial moves & nerves), and wanting to look slim in swimsuit.</p>	<ul style="list-style-type: none"> • Reduced energy over the training or competition session • Only perform at 60-75% of physical and mental potential • Increased risk for mistakes & therefore injury 	<ul style="list-style-type: none"> • See Top 5 Pre-Diving & On Deck Fuels below • Aim for easy to digest, low fat foods with a combination of carbs + protein
<p>OVER EATING POST TRAINING Not eating or drinking enough before activity results in low blood sugar & hunger, leading to the possibility of over eating afterwards.</p>	<ul style="list-style-type: none"> • Overeating can result in poor body weight management. • Fueling timing is wrong, you need the energy before training. This can impact performance. 	<ul style="list-style-type: none"> • Have a small amount of sugar & balanced recovery snack to sustain energy & prevent overeating. See On Deck Fuels below.
<p>DEHYDRATION Many athletes arrive to training & competition in a dehydrated state, usually due to poor planning. Divers tend to drink less due to not feeling “warm” b/c of the cooling effect of water and drafty climate on deck.</p>	<ul style="list-style-type: none"> • Lack of concentration • Reduction in skill ability • Early fatigue • High perceived exertion in training • Delayed recovery • Muscle cramps 	<ul style="list-style-type: none"> • See Hydration Tips for Divers below. • Visit Team USA Sport Nutrition’s webpage to download a great Hydration factsheet!

Top 5 Pre & Post Diving Snacks
<ol style="list-style-type: none"> 1. ½-1 cup rice cereal/oatmeal + skim/soy milk 2. Banana or apple + 1Tbsp peanut butter 3. 6oz Greek yogurt 4. Fruit + protein (milk, whey) smoothie 5. Sport nutrition bar

Top 5 On Deck Fuels
<ol style="list-style-type: none"> 1. Water + diluted sport drink 2. Banana 3. ½ cup dried fruit 4. Applesauce (in squeezable tube) 5. 1 package sport gels, bites or blocks.

Hydration Tips for Divers													
<ul style="list-style-type: none"> ❖ Aim for a baseline of hydration of 8-10 cups per day OUTSIDE of training. ❖ Water, diluted juice, tea, milk all count as fluids ❖ Listen to your thirst - It’s there to tell you when you are dehydrated! ❖ Pre-hydrate before training with 6-10oz of fluid 1-2 hours before hand. ❖ Aim for a hydrated urine color before diving (#1 or #2) on the urine chart. ❖ Bring a water bottle on deck filled with water or diluted sport drink, and place it somewhere visible so you remember to hydrate. For longer events in hot and humid environments, you may need to set a schedule for hydration, 3-4 gulps about every 20 minutes. ❖ Hydrate after training with at least 8-16oz of fluids and use urine color as a guide. 	<table border="1" style="margin: auto;"> <thead> <tr> <th style="background-color: #d9534f; color: white;">Urine Color</th> <th style="background-color: #d9534f; color: white;">#</th> </tr> </thead> <tbody> <tr> <td style="background-color: #fff2cc;"> </td> <td style="text-align: center;">1</td> </tr> <tr> <td style="background-color: #fff2cc;"> </td> <td style="text-align: center;">2</td> </tr> <tr> <td style="background-color: #fff2cc;"> </td> <td style="text-align: center;">3</td> </tr> <tr> <td style="background-color: #fff2cc;"> </td> <td style="text-align: center;">4</td> </tr> <tr> <td style="background-color: #fff2cc;"> </td> <td style="text-align: center;">5</td> </tr> </tbody> </table>	Urine Color	#		1		2		3		4		5
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Sample Nutrition Plan - Diving Competition Day

Time	Event	What to Eat
7:00am-7:30am	Breakfast ideally 2-4 hours before	Aim for easy to digest, low fat foods & combination of carbs + protein for a sustained energy release Eg. 2-3 eggs (boiled or scrambled), ½ an English muffin, banana Check urine color for hydration
7:30am-9:00am		Frequent sips of water Check urine color. Should be pale yellow (#1/#2 on urine chart)
9:00am-12:00pm	Warm up & diving preliminaries	On Deck Nutrition Fuels Eg. Applesauce in a squeeze package Aim for a few small bites every hour Frequent sips of water &/or diluted sport drink
12:00pm-1:30pm	Lunch ideally 2-4 hours before next session	Aim for easy to digest, low fat foods & combination of carbs + protein! <ul style="list-style-type: none"> • Broth or vegetable based soup + ½-1 turkey sandwich/wrap • Chicken salad with fruit • Meal replacement smoothie • Fish or chicken + Steamed rice + carrots • Minimum 8-16oz water + Check urine color
1:30pm-4:00pm		Frequent sips of water Check urine color! Should be pale yellow (#1/#2 on urine chart)
4:00pm-6:00pm	Pre diving snack ideally 1-2 hours before	Aim for easy to digest, low fat foods & combination of carbs + protein. Eg. Banana or apple + 1 Tbsp peanut butter Frequent sips of water Check urine color. Should be pale yellow (#1/#2 on urine chart)
6:00pm-9:00pm	Warm up & finals	On Deck Nutrition Fuels Eg. Banana Aim for a few small bites every hour. Frequent sips of water &/or diluted sport drink
9:00pm	Dinner	Aim to follow the healthy plate model for this meal (veggies, lean protein + carb). Frequent sips of water at dinner

Athlete Grocery Shopping List

Instructions – bring this shopping list with you to the grocery store. This should ensure you have the essentials to make your own meals and snacks for the week.

Bread Aisle

Bread Tip: Read label for "whole wheat" or "whole sprouted wheat" & > 3g fibre per slice. Pick 2 options for fresh use and then 2 for the freezer.

- bread
- English muffins.
- bagels
- tortillas

Fresh Fruit and Veggie Aisle

Fruits Tip: Keep fruit on the counter for a reminder or visible location in fridge. Just wash and eat! Pick 2-4 fruits you like.

- Oranges
- berries
- apples
- mango
- nectarines
- pears

Fresh Vegetables Tip: Take into account any frozen or canned products you have stocked. Pick 2-3 veggies you like. 1 bag of onions & potatoes.

- celery
- mushrooms
- carrots
- snow
- sweet peppers
- Potatoes (sweet or white)
- peas
- onions
- lettuce
- broccoli

Dairy, Eggs & Deli Counter

Dairy Tip: Choose 1% or skim milk, look at the % M.F./B.F. (milk or butter fat) on labels. Buy eggs high in omega 3 fats

- dairy or soy milk
- Organic free range eggs
- Greek Yogurt
- Cheese of choice
- 1% cottage cheese
- light sour cream

Fats Tip: pick what you like to cook with or have on bread

- Butter
-

Deli Meats (pick 100-200g of deli meat you like – organic and nitrate free is best)

- roast chicken
- roast turkey
- ham slices

Meat & Fish Aisle

Meat & Alternates Tip: Buy small portions or value-packs and separate into Ziploc freezer bags as smaller portions. One serving = 50-100 grams or palm size. Pick options you like.

- Salmon or tuna fillet
- pork chops
- Extra lean ground beef.
- Chicken breast
- fish (sole, basa, snapper)
- pre-cooked shrimp
- lean, round steak

Condiment Aisles

Other Foods/Condiments Tip: Choose low sodium soups and sauces. Choose what you normally use

- pasta sauce
- natural peanut butter or almond butter
- jam, jelly, marmalade, honey, sugar
- Ketchup/Mustard
- soy sauce
- dried basil, oregano, cumin, thyme
- salsa
- balsamic vinegar and/or olive oil
- pepper, hot sauce

Cereal and Pasta Aisle

Cereals Tip: Read label for < 2g fat, < 10 grams sugar & > 4g fibre per serving. Alternate for breakfast.

- Cold, ready to eat cereal (mini wheats, Alpen, Kashi Go Lean)
- quick rolled oats/plain instant oatmeal

Grains Tip: Pick 1-2 bags of what you like to eat and you know how to cook.

- Brown rice
- Whole wheat pasta
- Couscous
- Regular pasta is ok if you prefer it.

Canned Foods Aisles

Canned Fish & Poultry. Pick 2-3 cans of 1-2 options you like

- Tuna
- Clams
- Chicken
- shrimp

Canned Beans, Corn & Lentils Tip: Rinse beans under water before eating. Pick 2-4 options of what you like.

- baked beans
- chili
- black beans, corn
- kidney beans
- low fat canned soup

Canned Fruits Tip: Read label for no added syrup. Choose fruits packed in juice.

- pears, peaches, pineapple, orange sections
- Fruit-to-go or Sun Rype Fruit Source bars

Snack Food Aisle

Snack Foods Tip: Look for a short, easy to read ingredient list. Pick 2-4 snacks that you like.

- Natural popcorn
- Baked chips
- Roasted soy nuts
- Trail mix or dried fruit

Travel Shopping Checklist

- ✓ Granola bars – eg. Nature Valley, Kashi
- ✓ Sport bars – PR Bars, Cliff, PowerBar
- ✓ Harvest bars
- ✓ Fruit leather bars
- ✓ Dried fruits – prunes, cranberries, raisins
- ✓ Fruit and nut trail mix
- ✓ PowerAde Powder
- ✓ Peanut butter, Honey, Jam
- ✓ Powdered meal supplement – eg. Carnation Instant Breakfast packets and or Boost
- ✓ Protein powder – approved by sport dietitian
- ✓ Sachets of tuna
- ✓ Crackers, tortillas, pretzels