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Analysis of the Effects of Nutrition on Swimming

 At this stage in the research process, I have not yet encountered many major difficulties. I have been fairly successful in locating an abundance of articles with useful information regarding sports nutrition from a variety of viewpoints. I found Cobb Virtual Library to be particularly useful in discovering relevant sources. One issue I have noticed is that I have only been able to find a few sources that are specifically related to swimming. There are many sources out there with general sports nutrition information, but for my research purposes, I need at least some that pertain to nutrition’s role in swimming particularly, which I was able to find. Also, some sources have a lot of overlapping information; almost all of the ones I found had some repeat information, but each one does have unique ideas to some extent. If I had to change anything about my research process, I would try keep up with due dates a little better to avoid procrastination and spread my work load out more. So far, I have learned a lot about what is recommended for swimming nutrition. I have learned the best times to eat in relation to swim practices and meets, including at what points it is best to each small versus large amounts. The articles have also provided information about the importance of carbohydrates and proteins and their roles in the bodies of swimmers and other athletes. Moving forward, I will need to obtain information from coaches and swimmers in my community (perhaps via survey or interviews) about their nutrition preferences and resulting effects. I might also look into previously published studies about certain performance foods and drinks to augment my information for my research paper.

Castle, Jill, RDN. "5 Bad Eating Habits Swimmers Must Break." USA Swimming. N.p., 11 Nov. 2014. Web. 04 Feb. 2015.

In this article from the USA Swimming website, Castle details five bad eating habits common among swimmers. The habits she describes are “skipping breakfast,” “light-loading lunch,” “overeating later,” “eating the wrong foods,” and “forgetting fluids” (Castle). Castle provides a general description of each these habits and why each is a problem, and then she elaborates on how and possible reasons why each pertains to swimmers specifically. This article was written 11/11/14, so its information is current and up to date. The information in this article is some of the most relevant to my topic that I was able to find. It does not really give examples of foods that are good for swimming, but it does explain why certain foods are not. This article was most useful to me because it deals specifically with the diets of swimmers. The author Jill Castle is well qualified to write about nutrition habits and the pros and cons of certain foods for swimmers because she is a registered dietitian nutritionist and is an expert on childhood nutrition. The information is accurate because includes specific facts with supporting evidence, and the tone of the writing is professional and without bias. The purpose of information is to help swimmers make proper nutrition decisions. This article is applicable to my argument because it has a similar purpose to my research paper and applies specifically to swimmers.

CLARK, NANCY. "Sports NUTRITION: WHAT's OLD? WHAT's NEW?." American Fitness 32.4 (2014): 66. Advanced Placement Source. Web. 4 Feb. 2015.

This article explores old claims regarding nutrition and the new discoveries that have replaced them. For example, the article recognizes the old thought that “slabs of roast beef help build bigger muscles,” and then it goes on to explain what is false about this statement and what the truth is regarding protein and muscle building (Clark). The information from this source is current, as it was a part of the July/August 2014 issue of *American Fitness* magazine. The information provided is relevant to my topic because it provides facts and statistics related to foods’ effects on athletes. The author Nancy Clark is a registered dietician (RN) and certified specialist in sports dietetics (CSSD) and is therefore well qualified to write about sports nutrition. Also, the article has been published in a credible, current magazine *American Fitness*. The information is provided in a bias-free manner with facts and statistics to back up specific nutrition claims. The purpose of this article is to disprove false claims about sports nutrition and provide their truthful counterparts in order to enable athletes to better understand proper nutrition for them. This article is relevant to my research topic because it gives me accurate dietary information that can be applied to improving swimming nutrition.

CORBIN, LINSEY. "Swim, Bike, Run...Eat!." American Fitness 32.2 (2014): 64. Advanced Placement Source. Web. 4 Feb. 2015.

This article goes through tips for properly executing the “fourth discipline in triathlon,” referring to the eating that accompanies the swimming, biking, and running involved in triathlons (Corbin). It highlights the best ways to eat all throughout training season, the best ways to “fuel consistently” during athletic events, and tips for eating in the recovery process. This article is current, published in the March/April 2014 issue of American Fitness. This article is relevant to my research topic of swimming nutrition because it not only specifically references swimming, but it also provides information about eating during the athletic event itself, which I had some trouble finding in some of my other sources. The author Linsey Corbin is familiar with the sporting world, having participated in downhill skiing, track, and cross country running, and she is also studied nutrition and exercise physiology at the University of Montana. The information provided is supported with statistical evidence, and though presented in a casual tone, is straight forward and unbiased. This article aims to help swimmers, bikers, and runners pursue proper nutrition for training season, during competitions, and recovery periods. The information from this article applies to my argument by providing useful information on how to stay fueled during activity and where it is best to get calories from during competitions.

Leigh, Katie. "Energy Foods Between Swimming Events." LIVESTRONG.COM. LIVESTRONG.COM, 08 Feb. 2014. Web. 08 Feb. 2015.

This article provides information on the best eating habits for during swim meets. It emphasizes the importance of snacking between events during long swim meets with a focus on keeping energy levels up. It also encourages eating foods that are “light, low in fat and high in carbohydrates,” drinking plenty of water, and being sure to pack your own foods to avoid relying on concessions (Leigh). This article is current and up to date with recent nutrition information, as it was written exactly one year ago. This article is relevant because it provides swimming-specific information for during meets, which is where I have placed the focused of my argument. This information comes from Katie Leigh, affiliated with the credible Livestrong organization. The information is accurate and supported my Dr. Jeannie Gazzaniga-Moloo. This article is meant to help swimmers make the right food choices to keep energy up during practices and meets. The focus on keeping energy up is helpful for my formation of my argument of which foods are best for performance.

Reid, K. "Performance Food: Promoting Foods With A Functional Benefit In Sports Performance." Nutrition Bulletin 38.4 (2013): 429­437. Academic Search Complete. Web. 4 Feb. 2015.

This article gives extremely detailed analysis of sports nutrition and “post-exercise nutrition” for “replenish[ment] of glycogen stores” (Reid). It also focuses on why exactly recovery nutrition is so important. The article also includes information about “exercise-related inflammation” and “immune health,” but I did not really use these sections for my research purposes (Reid). This information is current and comes from the 2013 *Nutrition Bulletin*. The information in this article answers the recovery nutrition part of my topic and is presented at a very appropriate level. K. Reid, the author of this article, is the Director of Performance Food Ltd., a registered dietitian, and member of the UK Sport and Exercise Nutrition Register and is published in British Nutrition Foundation’s *Nutrition Bulletin*. The facts in this article are properly cited and the accuracy is evident in the writing style and tone. This information is meant to justify the importance of sports nutrition and recovery nutrition. This article is useful for my argument because it provides me with information for the recovery aspect of swimming nutrition.

Sine, Richard. "Chocolate Milk: The New Sports Drink?" CBSNews. Ed. Michael W. Smith. CBS Interactive, 24 Feb. 2006. Web. 03 Feb. 2015.

This article is all about the role of chocolate milk in sports nutrition and swimming. It highlights the new discoveries of chocolate milk’s usefulness in recovery from strenuous exercise and explores the pros and cons of milk versus sports drinks. While written in 2006, the information in this article has since been further studied and conformed, so the content remains current. This article focuses on a very specific topic, but is still relevant to my overall topic. Written by Richard Sine and published by CBS News, this article’s information is based on other credible sources and includes input from qualified medical professionals via review and contribution from outside articles, proving both the author’s authority and the information’s accuracy. The purpose of this article is to explore the claim of chocolate milk’s effectiveness as a sports recovery drink. This information is helpful in my development of my own argument because it gives an example of a specific drink for swimming nutrition and places a focus on recovery nutrients.