

# PERFORMANCE NUTRITION

For Swimming  
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## “Immune Boosters”



Can you really boost your immune system? Not really, but you can support your immune system with nutrition and specific supplements during cold and flu season. Swimmers are at an increased risk of upper respiratory infections due to the higher training volume and because it is an indoor sport. Less sunlight is related to a decrease in Vitamin D during the winter months and the higher training volume can increase physiological stress and other micronutrient needs.

### Supplemental Support

#### Vitamin C

- Webber Naturals Chewable Vitamin C - 500mg
- NaturesPlus Chewable Orange Juice JR - 100mg
- Solgar U-Cubes - 250mg

#### Vitamin D

- Nordic Vitamin D3 Gummies - 400IU
- Nature Made Vitamin D3 - 1000IU
- Carlson Baby's Super Daily D3 - 400IU

#### Probiotic

- Nordic Kids Probiotic, Nature Made Probiotic, or Florajen Kids Probiotic

## INFO



### Multivitamins:

**Flinestones Gummies Complete or Nature Made Kids Multivitamin** will contain all essential micronutrients. Avoid additional micronutrients unless advised by a healthcare professional.

### Emergen-C

Not recommended for kids under 13yo due to the high Vitamin C content



**Echinacea isn't recommended for kids due to the potential allergic reaction.**

No “immune boosting” supplement will prevent a cold, flu or COVID virus, but it can help reduce severity and length of illness.

### Foods That Support Immune Health

#### Probiotics

- Dairy products
- Kefir
- Sourdough Bread
- Refrigerated Pickles
- Kimchi
- Kombucha
- Sauerkraut
- Miso

#### Vitamin D

- Sunlight
- Fortified Dairy Products
- Fortified Orange Juice
- Salmon
- Mushrooms

#### Zinc

- Beef/Pork
- Fortified Cereals
- Pumpkin Seeds
- Shrimp
- Turkey
- Cheese
- Lentils
- Greek yogurt

#### Vitamin C

- Red Bell Pepper
- Orange Juice
- Citrus Fruit
- Kiwifruit
- Broccoli
- Strawberries
- Tomato Juice
- Baked Potato