Rhythmic Gymnasts' Eating Plan: Maximizing Training Results

Nutrition Guide
Rhythmic gymnastics is a beautiful, but pretty tough sport. Gymnast's skills involve high flexibility, balance and power that come from having developed muscles.

The ideal diet for rhythmic gymnasts:

- Is balanced in carbohydrates, protein and fats
- Includes important vitamins and minerals
- Consists of small but frequent meals
Daily Foods That Is Good for Gymnasts

Parents of young gymnasts should remember that their performance directly depends on what they eat and when they eat. Here, at IK School of Gymnastics in Miami, we are very concerned about what do our gymnasts eat and how often.

To maximize training performance, gymnasts need to:

• Concentrate on carbohydrate foods before workouts
• Eat foods containing proteins after workouts
• Avoid foods high in fat
• Have access to quick sources of energy
Breakfast

The first meal of the day is one of the best times for nutrients to be efficiently absorbed. A good breakfast for a gymnast should be within half an hour after waking up and include carbohydrates, proteins and fats.

Perfect solutions:

- Cereal with milk (use different kinds of groats)
- Scrambled eggs with ham
- Omelette with vegetables and cheese
- Wholegrain toasts with butter or confiture
- Berries, a fruit or juice for vitamins and antioxidants
Morning snack

Snacks are important part of your gymnast’s healthy eating plan because they supply key vitamins and minerals and can keep her from feeling famished before the lunch break.

Perfect solutions:
• Cheese, as a good source of calcium
• Wheat or whole-grain crackers to make the meal more nutritive
• Nuts, as a nutritious source of protein
• Combine with yogurt to get more satisfying snack
• Fruits or berries as a source of dietary fiber, vitamin C and potassium
It’s a very important meal that prepares your gymnast ready for training. Concentrate on complex carbohydrates to make your child fed for a long time, add proteins to ensure the lasting supply of energy and vegetables for vitamin support.

**Perfect solutions:**
- Rice with chicken and broccoli
- Hard-wheat pasta with beef or cheese and carrots
- Quinoa with lamb and green beans
- Cuscus with tuna, tomatoes and avocado
Pre-workout snack

Gives energy and mood for training. Should contain carbohydrates. This meal is necessary if the gap between lunch and training is more than 3 hours.

**Perfect solutions:**
- Banana with yogurt
- Rice pudding
- Cheese sandwich
Mid-workout snack

If the training is more than 4 hours, or lasts within 4 hours from the lunchtime, it’s important to support energy production by eating something very light and simple to digest.

Perfect solutions:
• Fruits (apples, oranges, bananas, pears)
• Berries
• Sports drink

Note: Dried fruits and berries are even more nutritious than fresh ones and they are well packed.
Post-workout snack

The post-workout snack is absolutely necessary for your gymnast if you don’t have an opportunity to serve her dinner within 45 minutes to 1 hour of practice being over. Must contain a high-glycemic healthy carbohydrate to open the window of opportunity for nutrient absorption to start muscle recovery.

Perfect solutions:
• Grapes
• A bagel with real-fruit jelly
• A muffin with raisins
• Energy bar or protein shake if there is no opportunity for the “real” food

Note:
Raising your gymnast’s blood sugar level after exercise is necessary to enhance the protein recovery later, after the dinner. Therefore, the post-workout snack is a must, if you don’t have an opportunity to feed your gymnast shortly after the classes.
Dinner

The last, but not least, meal of the day. Should be based on proteins and useful polyunsaturated fats. Seafood is a great option to receive phosphorus, so important for muscle development.

**Perfect solutions:**
- Salmon with vegetable salad
- Tilapia with rice and broccoli
- Shrimps with bulgur and avocado
- Tuna salad with lettuce and eggs

**Note:**
To combine dinner with post-workout snack just add to regular dinner a muffin, chocolate milk or an ice cream in the end of the dinner, or replace complex carbohydrates in the meal (rice, bulgur and etc.) with simple carbs like potatoes (mashed and baked, not fried), or boiled sweet corn.
IK School of Gymnastics in Miami is a place for both recreational and competitive gymnasts to receive highly professional training and improve physical development.

We invite you to visit our gymnastics school facility in sunny and vibrant Miami! Our rhythmic gymnastics school is conveniently located in North Miami, a 10-minute drive from Aventura, Sunny Isles Beach, Bal Harbour.

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