

# PERFORMANCE NUTRITION

## For Swimming

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### Vitamin D



Vitamin D is a fat soluble vitamin found in a few foods and supplements. Vitamin D3 is produced naturally when the skin is exposed to UVB light. Vitamin D2 is found in some plants (mushrooms) and has a lower absorption rate in the body.

Vitamin D is essential for bone health, immune function, muscle health, cardiovascular health, and metabolic health. Deficiencies in Vitamin D are common in athletes and can result in an increased risk of bone injuries, poor recovery, muscle loss, illness, inflammation, arthritis, anxiety and depression.

#### Supplemental Support

I recommend 1000IU/d or 5000IU 3x/week during the winter months especially. Can continue to take throughout the year.

#### Vitamin D

Brand options for supplementation:



#### Food Sources

##### Vitamin D

Sunlight  
Fortified Dairy Products  
Fortified Orange Juice  
Salmon, Sardines  
Mushrooms

#### Food Sources

##### Magnesium

Nuts & seeds  
Beans  
Spinach  
Brown Rice  
Whole grain cereal, oatmeal  
Soy & dairy milk  
Potatoes  
Yogurt  
Bananas  
Salmon, Halibut

INFO



#### Sunlight:

When possible, aim for 15-20 minutes outside between the hours of 10am-2pm with your arms and legs exposed to help support Vitamin D status.

#### Vitamin D Testing

I recommend regular vitamin D testing through your physician annually.

#### How to Supplement:

Take your Vitamin D3 supplement with a meal containing fat to promote absorption.

#### Magnesium

Magnesium is necessary to absorb and maintain Vitamin D status. Consume foods high in Magnesium regularly. Avoid supplementing Magnesium Citrate (unless constipated) due to the risk of stomach cramps or diarrhea.