



# Food Restriction List

These foods cause intestinal gas which can result in a distended stomach, therefore during the entire duration of swim lessons (including weekends), do not give your child the following:

## foods to avoid entirely (in all forms)



apple



pineapple



papaya



passion fruit



peach



spinach



honey



celery

## foods to avoid before their daily lesson



solid fruit



eggs



chocolate milk

*Before daily lessons your child must not eat or drink anything for at least 3 hours*

WHY?

We ask that children avoid eating for 3 hours before swim lessons to ensure their comfort, safety, and optimal learning experience. Here's why: Swimming involves physical exertion, and a full stomach can lead to discomfort, stomach aches, or bloating. This can distract your child and make the lesson less effective. Undigested food in the stomach can be brought up during swimming due to pressure changes in the abdomen from movement and breath control exercises. This can result in burping up the undigested food, which is unpleasant for the child and disrupts the lesson. While it may be challenging to restrict food for 3 hours before lessons, it's a small sacrifice that ensures your child has a smooth, effective, and enjoyable swimming experience.



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