



## "My ideal diet is to eat a bit of everything, but especially vegetables and fruits in the blender"

Florent Manaudou, an acclaimed French swimmer with four Olympic medals in his prolific sporting career, has never hidden his passion for challenges and says that a good diet based on fruits and vegetables is important to face them, as well as staying fit.

Healthy and energetic eating go hand in hand. The high demands of a discipline such as swimming, which requires daily sessions of up to eight hours of intense training in and out of the water, requires "including the right foods to have enough energy and good quality for those hard workouts," says Manaudou.

The swimmer stresses the importance of "eating healthy all year round to have enough energy to train consistently" and reveals the secret to winning a competition: "enjoy every day and be consistent in your work".

Florent Manaudou was not only Olympic champion at the London 2012 Games (50m freestyle). He also won 2 silver medals at Rio 2016 (silver in 50m freestyle and silver in 4×100m freestyle) and a silver medal at Tokyo 2020 (50m freestyle). A great olympic athlete who knows very well what is the best nutrition to compete.

## - What is a Florent Manaudou day like?

- I get up every day at 7.30 am and go to the pool to work on my mobility. I dive into the pool at around 8.30am and do an hour of swimming training. Then, when I get home, I take a nap to rest for another training session in the afternoon. I go back to the pool for an hour and a half of gym and another hour of swimming.
- I finish the day with a little recovery (massage, cold bath) and have dinner before watching TV, which I use to relax before going to bed at around 11pm.
- -Which medal do you remember most fondly?
- -What I remember most is my second place at the last Olympic Games in Tokyo, because it was a great challenge for me after three years of retirement.
- -What would be the best-kept secret to winning a competition?
- -The secret to winning races is to enjoy every day and be consistent in your work.
- -What is the ideal diet to face a challenge? Which fruits and vegetables do you choose according to your daily activity?

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- My ideal diet is to eat a bit of everything to keep fit, but mostly I eat vegetables and **fruits** in the blender and I love to mix some with **strawberries**.
- -Many nutritionists of elite athletes recommend the extensive breakfast, which consists of eating several pieces of fruit during the morning so that energy reserves are always maintained at the right levels. Do you practice it?
- -No, I don't do it because I don't eat in the morning. As a swimmer I train in a horizontal position so if I don't take enough time between my breakfast and my training I don't have a good stomach.
- -How do you learn to eat well, i.e. to make functionality prevail and not just taste?
- -I've learned to eat well over the years. When I was younger I preferred to eat junk food, but now I understand better that what I put in my body is my fuel to get me through the day and obviously you want to put in the right foods to have enough good quality energy for those hard workouts.
- What would you like to pass on to the younger generation in terms of sport and good nutrition?
- I would like to convey to the younger ones that it is important to eat healthy all year round in order to have enough energy and to train consistently.

Florent Manaudou and four other medallists are ambassadors of the European #longlifechallenge project, helping with their advice and support to spread the benefits of eating fruit and vegetables to all European households.

Specifically, Olympic athletes such as Ona Carbonell (the woman with the most medals in the history of world swimming championships), Lydia Valentín (Olympic champion at London 2012), German Sebastian Brendel (bronze medallist in still water at Tokyo 2020) and Polish cyclist Maja Włoszczowska (silver medallist at Rio de Janeiro 2016 in crosscountry) are all endorsing the programme.

The Long Life Challenge campaign is run under the slogan "Compete for a better life by eating at least 5 fruits and vegetables a day, Join the #longlifechallenge of Europe", which aims to raise awareness of the importance of eating European fruit and vegetables on a daily basis.

The initiative is promoted by the CuTE Healthy consortium, made up of FruitVegetablesEurope and national fruit and vegetable associations from Spain, France and Poland (Citrus Management Committee -CGC, AOPn Fraises de France - National Association of French Strawberry Producers - Más Brócoli, Polish Association of Fruit and Vegetable Producer Groups - KZGPOiW and Interprofesional del Espárrago Verde de España). The actions will focus on four target countries: Belgium, Germany, France and Spain.





















## About FruitVegetablesEUROPE

Founded 60 years ago, FruitVegetablesEUROPE is the European Fruit and Vegetable Association that defends, represents and promotes European fruit and vegetables. Based in Brussels,
FruitVegetablesEUROPE acts as a liaison between sectoral stakeholders and policy makers in the European institutions, giving a voice to the European fruit and vegetable sector. The members of
FruitVegetablesEUROPE are national and regional federations/associations (mainly producer organisations and associations) and companies from the main fruit and vegetable producing countries of the EU (France,
Germany, Greece, Italy, Poland, Portugal and Spain).

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