



Nutrition Tips

WRESTLERS WHO MAINTAINS THEIR WEIGHT WITH AN EFFECTIVE NUTRITION PLAN ARE 30% STRONGER AT THE END OF THE SEASON

STAY HYDRATED: **WATER** is a very important part of your daily diet and is necessary for optimal performance. If you do need to reduce your hydration, it is best to consume a few ounces of water every two to three hours.

EAT FREQUENT MEALS IN SMALL PORTIONS: By eating smaller portions, your metabolism speeds up and more calories are burned off. You should eat from several different food groups so that you receive a large variety of nutrients. Eating frequent meals in smaller portions is a much better way for a wrestler to lose weight.

EAT FRUITS & VEGETABLES: Vegetables contain important vitamins and minerals. They are also generally free of fat and high in fiber. Eating vegetables is a good way for you to fill up. They help your body fight off disease and illnesses.

PROTEIN: **20-50% of your calories should be from protein** Protein is essential for the formation of healthy muscles, bones, blood, and skin cells. Protein is not stored in your body. You need a steady dose of protein every day. Some of the best sources of dietary protein are fish, beans, nuts, lean poultry, and red meat.

CARBOHYDRATES: **30-60% of your calories should be from Complex Carbs.** They are found in healthy foods such as fruit, whole grains, vegetables, oatmeal, brown rice, baked potatoes, and whole grain cereals. Complex carbohydrates make you feel fuller longer so you do not need to eat as much. Complex carbohydrates supply a steady stream of energy with a limited amount of fat.

FATS: 10-20% of your calories should be good fats. You need fats to have your body systems work properly. Testosterone is a fat based hormone. If you have too little fat in your diet, and your body fat % is low, your body will slow down or stop producing testosterone.

AFTER WEIGH-INS: Eat foods that will improve performance.

Peanut butter, applesauce, crackers, cereal, bagels, whole wheat bread, fruit, nuts Plan ahead and shoot for smaller portions spread throughout the tournament day.

WAYS TO SPEED UP YOUR METABOLISM:

- ❖ ***Always eat-breakfast*** When you skip breakfast, your metabolism slows down. Food fuels your metabolism and will boost it for the day. If you have an early morning lift or workout, eat a pre-workout snack, and hydrate first.
- ❖ ***Eat earlier in the day.*** Research has demonstrated that you can lose weight and boost your metabolism simply by eating a substantial breakfast and lunch and a light dinner. A night time fast of **10** to 12 hours has been shown to increase your metabolic rate by 20%.
- ❖ ***Dinner should be eaten*** at least 4 hours before bedtime.
- ❖ ***Never eat less than 1,200 calories a day.*** Fewer calories are usually not enough to support your base metabolism, so your metabolism slows down.
- ❖ ***Snack frequently.*** Fruits and vegetables for snacks boost you fat burning capability. Snacking prevents you from becoming too hungry. The hungrier you are, the less control you have over what and how much you eat.
- ❖ ***Exercise first thing in the morning.*** You need to get your heart rate over 130 for at least 20 minutes.



Estimating Portion Sizes

<p>A FIST = ONE CUP</p> <p>Your fist is about the same size as one cup. A half-cup serving of hot cereal, pasta, potato, corn, peas and beans, fruit and vegetable is equal to one serving. Rice is less (about 1/3 cup) and cold cereal is more like one cup. Compare the size of your fist to the amounts of these foods that you are eating.</p>	
<p>A HANDFUL = ONE OR TWO OUNCES OF SNACK FOOD</p> <p>One handful equals an ounce of foods such as nuts. For bulkier snacks such as chips and pretzels, two handfuls equals one ounce which is the serving size listed on most snack-food labels. If you do not have measuring spoons, two tablespoons of liquid fits in your cupped hand.</p>	
<p>A THUMB = ONE OUNCE OF CHEESE</p> <p>In general one thumb-size chunk, is about one ounce of cheese. (Very hard cheeses such as aged parmesan, with very little water content, will weigh more than soft cheeses such as Mozzarella, which have more moisture).</p>	
<p>A THUMB TIP = ONE TEASPOON</p> <p>A smear of butter, peanut butter, and mayonnaise add to your fat calories and servings can add up quickly! If the amount you have eaten matches the size of the top part of your thumb, it's a teaspoon. If you eat three thumb-tip-sizes, you've eaten a tablespoon. The top part of your index finger is about a half teaspoon.</p>	
<p>PALM = THREE OUNCES</p> <p>A serving of meat is a lot less than you think. A serving is about 2-3 ounces. We should have 2-3 servings of meat and meat alternatives per day. After being cooked, the size of your palm - minus fingers and thumb — meets half your day's requirement.</p>	



Travel Supply List

- Cooked Chicken, beef, or turkey divided into 4 oz portions. Packed in a cooler, it should stay perfectly fine with ice packs, and then ice at the hotel. The pre-packaged cold cuts stay fresh longer and travel better than cut cold cuts from the deli.
- Jerky — Beef or Chicken is a great travel snack.
- Protein Powder
- Hammer Heed Sports Powder, Mio Electrolytes, or Pedialyte powder
- Shaker Bottle – A great way to mix a shake or powdered drink.
- Protein Bars — The same bars you have been using all season.
- Whole Wheat Bread
- Peanut Butter —Single servings from JIF are great to travel
- Honey and/or Raisins
- Apples
- Oranges / Clementines
- Bananas
- Frozen grapes and berries
- Oatmeal packets – easily made with hot water in the hotel rooms
- Supplements – if you have been recommended any supplements, make sure to bring enough with you for the entire tournament.