

Center Grove Wrestling

Nutrition Information

History:

Wrestling has received a significant amount of negative press over the years for the eating habits of its participants. Much of this has been deserved, however much has been overstated. Our goal at Center Grove is to get you in the best possible condition and at their optimal wrestling weight. This means we want you to be eating healthy and appropriately. For some of you this means losing some weight, others will maintain their current body weight, and some of you may need to gain weight.

Benefits of Eating:

1. optimal gains from our training program
2. enhance your recovery time between workouts
3. maintain/achieve optimal body weight
4. train as hard as you can every day

Things to Consider:

1. eat 4-5 small meals per day with breakfast being the largest
 - a. breakfast will start your metabolism
 - b. jerky is a good way to get the extra meals in
2. avoid rapid weight loss to prevent the following
 - a. decrease in performance
 - b. dehydration
 - c. loss of energy stores
3. drink at least 8 cups of water every day
 - a. much of the weight lost at practice is water weight
 - b. we are trying to lose body fat not water!
 - c. Drink before you are thirsty
4. avoid supplements (unless recommended by knowledgeable people) and energy drinks
 - a. these are not helpful in the long term
5. eliminate soft drinks and fast food from your diet
6. do not skip meals
7. do not binge
8. read labels
9. measure everything you eat

Meals:

1. Breakfast should be your largest meal of the day, followed by lunch, with dinner being the smallest. Most Americans eat in the opposite order.

Nutrient Breakdown

1. Carbohydrates 60% (low fat carbohydrates are best)
2. Proteins 15-20% (nuts are a great source of protein)
3. Fat 20-25% (about 30 grams)

Losing Weight

1. The average teenage wrestler burns 19 calories per lb. doing nothing.
2. A 2 hour practice will burn about 1200 calories.
3. A 100 lb. athlete would need 3100 ($100 \times 19 + 1200$) calories a day to maintain weight. If trying to lose weight they should drop under this total. I would recommend dropping down to about 2700 in this case.

- 1 pound of fat has 3500 calories (389g)
- Healthy Weight Loss
 - 1.5% of body weight per week
 - Take in 500 less calories per day
 - Exercise
- Healthy Weight Gain
 - 1-1.5 pounds per week
 - Take in 500 more calories per day
 - Strength Training Program

Log:

1. Keep a log of what you eat. Keep track off how many calories you eat each day and how many grams of fat as well. You should also keep track of how you feel throughout the day. We can then tell what food makes you feel good and what food does not.

Sample diet:

1. Breakfast
 - a. 1 slice of toast w/butter
 - b. 1 orange, apple, or banana
 - c. 1 egg
 - d. 1 glass of water & 1 glass of 100% juice

2. Lunch
 - a. 1 serving of meat (lean meat such as poultry, fish, or pork is best)
 - b. 1 serving of vegetable (fresh or steamed)
 - c. 1 serving of fruit
 - d. 1 large salad
 - e. 1 serving of toast or bread
 - f. 1 glass of milk

3. Dinner
 - a. 1 serving of meat
 - b. 1 serving of vegetable
 - c. 1 serving of fruit
 - d. 1 glass of milk

*These are meal samples. The most important thing is to eat well-balanced, healthy meals. Fried food and soft drinks should be avoided. The amount of calories taken in depends on the size of the person.

What to pack in your cooler on meet days

1. Post weigh in
 - a. Granola bar
 - b. Piece of fruit
 - c. Bagel w/ cream cheese
 - d. Water

2. Through out the day
 - a. Ham/turkey sandwiches
 - i. These should be quartered
 - ii. Eat a little between each round
 - b. carrots/celery

*This food will not provide you energy on meat day, but it will make you feel better.