

# Food and the Wrestler

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## Nutrition

- **Eat a well-balanced diet**
  - generally recommended to be:
    - **50-60% carbohydrates:** fruit, fruit juices, breads, cereal, vegetables
      - Carbohydrates are used for energy even when you are not exercising.
      - Optimal performance depends on your glycogen stores (the stored form of carbs)
      - Important to replenish after each workout or competition.
      - Optimal time to replenish: within the 2 hours following practice or competition.
      - Good sources: potatoes, pasta, whole wheat bread, cereal, fresh fruit, 8 oz. Of 100% juice, skim milk.
    - **20-30% protein:** eggs, cheese, meats
      - Makes up most of muscle mass.
      - Used to repair injured muscles.
      - High protein diet will not build muscle mass.
      - Good sources: eggs, skim mil, cheese, chicken breast, fish, hamburger, peanut butter, beans,
    - **No more than 30% fat:** mayo, butter, salad dressings
      - Required for metabolic processes.
      - Good sources: olive oil, canola oil, soybean oil, peanut butter
- The American College of Sports Medicine recommends:
  - A minimum of 1700 to 2500 calories per day for high school and college wrestlers (energy expended during practice can range as high as 3000 calories)
  - A minimum of 7% body fat for wrestlers under the age of 16, and 5% for older wrestlers.

## Hydration

- **Water is the most important nutrient.**
- Signs of dehydration: rapid heart rate, weakness, excessive fatigue, and dizziness.
- Points to remember:
  - Thirst is a late sign of dehydration.
  - 1-2% loss of body weight due to fluid loss can cause a 15-20% decrease in performance.
  - AVOID caffeinated beverages – they promote dehydration.
- Easy way to monitor your hydration status is to check the color of your urine:
  - Light yellow – good hydration.
  - Dark yellow – dehydration.
  - ❖ **Weigh yourself when you are well hydrated.**
- **Fluids before practice or competition for optimal performance:**
  - 2 hours before drink 20 ounces of water.
  - Practice: weigh before and after practice. Any decrease in weight after practice is due to fluid loss. Drink 2 cups of fluid for every pound of body weight lost. During practice: drink 8 ounces every 15 to 20 minutes for optimal performance.

## Sample Meal Plans

<b>Sample for approx. 125 lb. wrestler</b>					
<b>Breakfast</b> 1 ½ cups cold cereal 2- 8 oz. glasses skim milk* 1 slice whole wheat toast with 1 tbl. peanut butter and 1 tbl. jam 8 oz. yogurt 2- 12 oz. glasses water	<b>Lunch</b> 2 oz. turkey, or roast beef, or ham, or tuna, sandwich with lettuce on whole wheat bread (no cheese; reduced fat mayo) Salad with nonfat dressing or carrot/celery sticks 2- 12 oz. glasses water 8 oz milk	<b>Pre-practice</b> (1 ½ - 2 hours before practice)  5 graham cracker squares 8 oz of OJ 16 oz water	<b>Post-practice recovery</b> (within 15 minutes after practice ends)  8 oz of sport drink or 100% juice	<b>Supper</b>  3 oz meat 2 slices whole wheat bread 1 cup cooked veg. Banana or other fruit 8 oz milk 2 – 12 oz glasses of water	<b>Evening Snack</b>  2 fig bars or granola bar  8 oz milk
<b>Sample for 160 lb wrestler</b>					
<b>Breakfast</b> 1 ½ c. cereal 2 – 8oz milk 2 12 oz glasses of water 1 bagel with 1 tbl peanut butter fruit	<b>Lunch</b> 3 oz meat 2 slices whole wheat bread salad with nonfat dressing 2 -12oz glasses of water fruit	<b>Pre-practice</b>  Granola bar 8 oz juice 16oz water	<b>Post-practice</b>  8 oz juice or sport drink	<b>Supper</b> 3 cups cooked pasta ¼ cup meat sauce ¼ cup grated cheese 1 cup cooked veg 2 slices bread 2 12 oz glasses of water	<b>Evening snack</b>  1 cup yogurt 8 oz of 1% or skim milk
<b>Sample for 189 lb wrestler</b>					
<b>Breakfast</b> 1 ½ cup cereal 2 8 oz glasses 1% or skim milk 2 slices whole wheat bread with peanut butter 2 scrambled eggs 1 fruit 2 – 12 oz water	<b>Lunch</b> 3 oz meat 2 whole wheat bread Salad Hand full of pretzels 8 oz yogurt @ 12 oz glasses of water	<b>Pre practice</b> 8 oz juice 1 granola bar 16 oz water	<b>Post practice</b>  16 oz juice or sport drink	<b>Supper</b>  6 oz meat 1 cup mashed potato 1 cup veg Salad 1 bread 2 12 oz glasses of water	<b>Evening snack</b>  4 oatmeal cookies Medium size 8 oz 1% milk

### % Body fat

#### Calculations for minimum wt:

Fat weight = %BF x \_\_\_\_\_ actual weight

Lean tissue weight = body wt – fat wt

Minimum weight = lean tissue weight – 0.93