

# Diet Tips & Facts for Wrestlers

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1. Determine what weight class you want to wrestle, be at weigh-ins hydrated.
2. Digestion begins in the mouth. Chew your food! Mom was right, even though she probably didn't know that chewing your food thoroughly stimulates enzyme secretion in the mouth & digestive tract for healthier digestion.
3. "Yo-Yo" dieting actually makes losing weight more difficult. Fasting slows metabolism. After fasting, returning to a normal diet triggers overeating and spiked metabolism (Yo-Yo effect).
4. Fasting will consume muscle protein and harm muscle growth.
5. It takes 3500 calories to burn 1 pound of fat.
6. You can only lose 2-3 lbs. of fat per week...anything else is just water.
7. Eat fiber in the morning to decrease your appetite all day.
8. Change your plate size from a 12" dinner to 9" salad.
9. Six small meals a day is the healthiest way to lose and keep weight off.
10. Concentrate on wrestling rather than cutting weight. This is a wrestling team, not a weight cutting team.
11. Losing weight rapidly will result in a loss of muscle tissue.
12. Fat burning zone is somewhat of a myth. In the absence of carbs for fuel, the body burns a combination of fat and muscle for energy.
13. The object is to lose FAT-not water.
14. The darker the urine the more dehydrated you are.
15. If you are thirsty, you're already dehydrated.
16. Lack of thirst can mask severe dehydration. Stay hydrated!
17. Big evening meal builds deposits of fat because of inactivity.
18. Slow sustained weight reduction will stay off longer, is healthier than fasting and dehydrating and is easier to achieve.
19. Cut back on all processed sugar and processed flour, such as junk foods like candy, white bread, etc.
20. All commercially available oils in the U.S. produce trans-fat when heated (even olive oil).
21. Totally eliminating fat from the diet is unhealthy and counter-productive. A minimum of 10% of diet calories should come from fat.
22. Cut back on fried foods- baking & broiling eliminates fat.
23. Cut back on fats such as butter, margarine, salad dressing, cheese, bacon and omega 6's (soybean and vegetable oil).
24. Good fats include olive oil (unheated), avocados, peanuts, pistachios, Omega 3's (fish) and a moderate consumption of eggs.
25. Eat more fish and chicken in place of red meat (hamburger, steak, etc.)
26. Start Now-Be At Your Lean, Mean Fighting Machine Weight For Our First Match.
27. Eating slowly will help speed sense of fullness.
28. Your goal is to be lean and well hydrated.
29. Before you eat plan your meal.
30. Don't be a victim to your food desires.
31. You need to eat (keep metabolism going) to lose weight. Replenish your fuel. Eat every 4 hours.
32. Dieting & intense workouts lower the immune system. Supplement your diet with a good one a day multivitamin.
33. You want to lose weight?...simply take in fewer calories than you expend.
34. You want to lose 2lbs. of fat /week, you need to have about 100 calories less/day, burn 1,000 calories more/day or a combination of both.
35. Generally, stay away from packaged products.

# Meal Examples

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## GOOD BREAKFAST

Eggs, whole-wheat toast, whole grain cereal, fruit  
skim or 2% milk

## GOOD LUNCH & DINNER

Salads, fruit, tuna, baked chicken,  
fish, cottage cheese, pastas, vegetables,  
baked potato, baked tortilla chips, lean steak

## GOOD SNACKS

Fruit, juice, plain popcorn, baked tortilla chips

## BAD BREAKFAST

white toast with butter, donuts, bagels  
pancakes with syrup

## BAD LUNCH & DINNER

fried chicken, fried fish, tacos,  
French fries and burgers

## BAD SNACKS

Ice cream, sugared soda, potato chips

# Sample Daily Nutritional Routine

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## MORNING

Weigh yourself and record.  
Drink 2 glasses of hot water (lemon/honey)

## BREAKFAST

Juice and/or fruit  
Cereal w/skim milk or eggs  
Toast, tea/coffee (2 cups hot liquid)

## BEFORE NOON

Glass of water, fruit/juice

## NOON-LUNCH

Sandwich (chicken, turkey, fish) on whole wheat bread  
Or pasta with tomato sauce, Or pizza, Or baked potato (not fried or chips)  
Vegetables, fruit, tea/coffee (2 cups hot liquid)

## MID-AFTERNOON

Glass of water, fruit/juice

## EVENING- DINNER

Lightest meal of day  
Cottage cheese (low-fat), Or salad/chef, Or piece of chicken (baked, broiled)  
Fruit and/or vegetables, Tea/Coffee (2 cups hot liquid)

## BEFORE SLEEP

Glass of water, Multi-vitamin, Very small piece of skinless chicken, fish, or low-fat meat.

## DAILY FOOD SERVINGS

- 1 – Dairy group – eggs, skim milk, cheese (low fat)
- 1 – Protein/meat group – fish, chicken, turkey, peanut butter
- 3 – Fruit/vegetable group – citrus, tomato, potato, apples, beans, peas
- 2 – Cereal/grain group – oatmeal, whole wheat, rye, granola, cracker