

Diet Guidelines for Falcon Wrestling

Bringing Back the Tradition to Falcon Wrestling!

The time is now to get ready for the season, weights, running and a good diet will help in your success!



Proper Nutrition Guidelines for Wrestlers

These nutrition guidelines are recommended for anyone interested in their health, not just wrestlers. As far as weight reduction or weight maintenance, we would like to see wrestlers compete at a weight that will allow them success. If a wrestler can commit to this guideline he will reduce his body fat while maintaining / gaining strength. Weight cutting is a thing of the past. We will not allow an athlete to put his health in jeopardy just to be successful in wrestling.

There are two main ways to reduce body fat and gain lean muscle mass for wrestling.

The first, which is not so safe, is to reduce your food and water consumption while working out. (Starving and losing water weight to make weight) This is how we use to do it in the old days. This is not very safe for anyone to lose weight. This is what is commonly referred to as “CUTTING WEIGHT.”

The right way to reduce body fat and gain lean muscle mass is to change the way you eat. Below are some guidelines that are proven to help achieve a lean efficient athletic body. This way will help athletes decrease their body fat in a natural and healthy way. This is easier on your body and you will feel great. The only problem with this way of losing weight is the commitment. We all have cravings and it is hard to resist them (Pop, chocolate, milkshakes, ect). People who can commit to this way of eating while working out will reduce their body fat and maintain their desired weight.

This recommended way of eating to lose weight is much easier than those who starve all week, make weight, and gorge themselves after making weight. Wrestlers who attempt to cut weight find themselves starting the process over again on the following Monday.

These recommended guidelines will help you lose weight by reducing body fat, eating healthy, have lots of energy, and give you the best chance for success in competition.

Wrestlers who cannot lose the desired weight by following these guidelines will not be allowed to compete at the weight they are trying to make. The coaches will have the wrestler compete at the next highest weight class. We want wrestling to be fun. Starving and dehydrating yourself is not fun or healthy.

#1 **DRINK PLENTY OF WATER** (at least one gallon per day for preseason)

#2 **AVOID EMPTY CALORIE FOODS** (Chips, pop, candy ect.)

If it does not provide nourishment your body doesn't need it.

#3 **DO NOT STARVE YOURSELF.** You need to feed your body to lose weight. Starving your body will only decrease your metabolism (your body's ability to burn calories)

#4 **EAT SMALL PORTIONS.** (4 -5 meals per day)

Breakfast (largest meal)

Mid morning snack

Lunch

Before practice snack

Supper (smallest meal)

#5 **DRINK A LARGE GLASS OF WATER BEFORE EACH MEAL /**

SNACK. Water tends to fill you up before you eat so you can eat smaller portions and not be as hungry. Water also helps in the digestion of foods and helps remove waste and fat from your body. Many times you believe you are hungry when you are really craving water. Drink a glass of water before every meal.

6 TAKE A FIBER and MULTI-VITAMIN / MINERAL SUPPLEMENT WITH MEALS. This will prevent the body from storing fat in the foods you eat. It will also help fill you up (I drink my water with 2 teaspoons of Metamucil before meals)

The multi-vitamins / mineral supplement will help ensure you are consuming all essential vitamins and minerals your body needs on a daily basis.

#7 TRY TO EAT ONE VEGETABLE OR FRUIT EVERY TIME YOU EAT. They provide your body with vitamins / minerals you body needs and craves. Try to eat them with as little preparation as possible, avoids lots of sauces, cheeses, and salt.

#8 EAT LEAN MEATS that are prepared any way other than frying. Avoid Grease. Grease = Fat

Bake, Broil, Barbecue, Boil, meat. Remove excess fat and skins before cooking or eating.

Beef / Elk / Deer / Antelope Steaks and burgers, Chicken, Turkey, Fish,
#9 LOW FAT DAIRY PRODUCTS SHOULD NOT EXCEED 2 TIMES PER DAY. Dairy products are great sources of nourishment. However, they have a lot of fat in them.

#10 EAT YOUR LARGE MEALS EARLY IN THE DAY SO YOU HAVE TIME TO BURN OFF THE CALORIES. Eat smaller meals at the end of the day when you are sedentary and not burning lots of calories.

Sample Diet

Breakfast

Glass of Water

Hard Boiled Eggs

One Piece of Fruit (orange)

Bagel or Toast

Glass of Juice or Skim Milk

Mid Morning Snack

Glass of Water

A piece of fruit (banana)

Lunch

A Glass of Water

A can of Tuna (packed in water)

A teaspoon of Mayo if desired

Piece of bread / bagel / crackers

Small sandwich bag of carrots/celery

Before Practice Snack

A Glass of Water

A piece of fruit (Apple)

Dinner

A Glass of Water

A small piece of Steak / Chicken breast / Fish

Dinner salad with dressing on the side (dip fork in dressing and then stab salad with fork)

This is just an example of a daily diet you may choose. Choose foods you like. Plug them into the diet where there may be foods you do not like. This makes it easier to keep the commitment. Fat takes time to lose and burn off. Once it is gone it takes time to gain back. Once you lose body fat to get down to your desired weight you will maintain it much easier and have a successful season.

For the 2010/ 2011 season we will do our fat/ and body test on the first date we can which is November 17th. All kids descent plans start on the 18th if they pass the hydration portion of the test. Any questions please contact Coach Robinson or Coach Lovato