

Fifth Revision
11/14/17
From: MEW

BLAZE WRESTLING

Nutritional Information That Can Help You Increase Your Wrestling Performance

Fact: Wrestlers who eat nutritious, balanced meals have more energy, an increased possibility of maintaining or increasing strength-endurance, and a greater likelihood of winning compared to their counterparts who don't

Question: Do you want to have more energy and wrestle up to your full potential?

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Five Dietary Steps to Increase Your Wrestling Performance

- 1. WATER:** Remain hydrated by increasing your water intake to a minimum of 12 - 8 ounce glasses of water each day. This may sound like a lot but remember you lose 2 to 5 pounds (32 to 60 ounces!) of water after every practice. Water is a great diet aid, which increases your ability to process food, which in turn produces energy. Dehydration needlessly slows you down both mentally and physically, so be sure to drink plenty of fluids, especially before and after your wrestling practices.
- 2. NO POP OR FRUIT JUICE WITH ADDITIONAL SUGAR:** Pop and other sugar drinks provide no nutritional benefit and the caffeine contained in most of these drinks is a diuretic (dehydrates you). If you must drink fruit juice make sure it is 100% fruit juice and contains no caffeine (or other stimulants). It is vital to be fully hydrated, in order to be able to give each wrestling practice and match your all.
- 3. DECREASE OR CUT OUT FOOD WITH POOR OR NO NUTRITIONAL VALUE:** Be aware of what your putting into your body. Are you eating a certain food item only because it tastes good or does it also have some nutritional value? Substitute low nutritional foods with those that will give you long term energy and help to maintain your strength-endurance. Can you get by on 2 pieces of pizza and a piece of fruit instead of your usual 3 or 4 pieces? Or make pizza a more healthy food by using protein powder in the crust, and then adding mozzarella cheese, vegetables, and lean meat as toppings.
 - See Table 1 for examples of healthy foods.
- 4. EAT FIVE OR SIX SMALL MEALS EACH DAY:**

Most Americans eat larger meals than their bodies can utilize in three to four hours. When this happens your body converts the excess calories to fat. By eating smaller more numerous meals you are able to provide your body with a steady source of energy that has a greater percentage of utilization.

 - See Table 2 for an example of how to work 6 meals and additional water into your daily routine.
- 5. MACRONUTRIENTS:** All food is made up of 3 macronutrients: 1) carbohydrates (simple and complex), 2) protein, and 3) fat. Read food labels and record what you consume daily to determine the calorie balance of macronutrients that you typically consume (See Appendix A for calorie and other nutritional information for various foods). Then modify your diet so that it resembles the range of macronutrients listed below, which are approximate daily percentage for High School Wrestlers:
 - Carbohydrates (largely complex carbohydrates): 55 to 65%
 - Protein: 20 to 30%
 - Fat: 10 to 20%

Nutritional Tips

1) Don't be a yo-yo! Once you achieve the weight you want to be at, by decreasing your body's fat percentage, you should then strive to be **no more than 4% above that weight for the entire season.** The better control you can gain over your weight fluctuations the more productive your practices will be and the better you will be able to perform in competition. Please refer to the table below to find your maximum weight.

Weight Class	Recommended Max. Weight	Weight Class	Recommended Max. Weight	Weight Class	Recommended Max. Weight
106	110	138	143	182	189
113	117	145	151	195	203
120	125	152	158	220	229
126	131	160	166		
132	137	170	177		

2) Always eat breakfast! Eating something in the morning will increase your daily metabolism and boost your ability to burn calories. Even when you are cutting weight it is a good idea to eat and drink something (bagel, fruit, skim milk, 100% pure fruit juice, V-8, etc.).

3) The most important time to "fuel up" is **24 hours prior to your match** and anything you eat within 90 minutes of your competition will only decrease your energy output. You should make complex carbohydrates a main part of your pre-match dinner meal. Try some pasta, rice, beans, or a baked potato. If you are dieting properly you should **shoot for being on weight before practice the day before a match.** This will help insure that you can eat a sensible meal to provide the energy needed to kick butt!

4) Stay hydrated! Urine that is a pale yellow or clear indicates that you are properly hydrated. Dark, concentrated urine indicates that you need liquids. Headaches can be a common symptom of dehydration.

5) Stay away from soda and other drinks which contain caffeine (caffeine is a diuretic-promotes dehydration). Drink something your body needs for the long term, not something to satisfy your taste buds for the next few minutes.

6) Gatorade and other sugar loaded, electrolyte sport drinks are designed to be used by athletes during exercise that lasts longer than 60 to 90 minutes. Water is fine during exercise that lasts less than an hour and is much less expensive! If you need to use a sport drink, Propel is a good choice which has only a fifth the sugar of regular Gatorade, includes electrolytes, and tastes good.

Nutritional Tips Continued

- 7) Don't confuse hunger with thirst. If you feel hungry, try drinking a glass of water first. If you are still hungry 10 to 15 minutes later, have a healthy snack.
- 8) Keep track of calories, not fat, to lose weight. A pound of fat contains 3,500 calories. So, by creating a deficit of 500 calories a day and maintaining your same activity level, you will lose one pound of body fat per week. Don't rely on fluctuating your body's water mass to make weight!
- 9) Many experts suggest that a small amount of food (200 to 400 calories, such as a bagel and juice) 1.5 to 2 hours before competition will provide energy for your body to utilize during competition. If you over eat or make poor food choices your performance will suffer.
- 10) Vegetarian athletes need to add plant proteins, not just subtract animal foods. Chili with beans, tofu, hummus, and peanut butter are just a few suggestions for non-meat eaters who want to eat a balanced vegetarian diet.
- 11) Extra vitamins are best found in dark colorful vegetables such as **broccoli, spinach, peppers, tomatoes, and carrots**, or in fresh fruits such as **oranges, grapefruit, cantaloupe, strawberries, and kiwi**.
- 12) Chewing gum can help control/dilute stomach acids when dieting, which will help you feel less hungry..
- 13) Restricting your water intake as a sole means to make your wrestling weight is discouraged and should **never** be done more than 24 hours before competition. Your body needs fluids daily to function as an athlete and student.

BHS Wrestling Nutrition Supplement

High school and college wrestlers need to eat at least **1,700 to 2,500** calories per day.

During very hard training, wrestlers may need an additional 1,000 calories per day

Wrestlers need 2.3 to 3.6 grams of **carbohydrate** per pound of body weight per day. Good sources of carbohydrates include whole grain breads and cereals, fruits and vegetables.

Examples

1 cup of spaghetti noodles is about 220 calories and 43 grams of carbs.

A whole english muffin is 120 calories and 13 grams of carbs.

One slice of many breads will be 120-130 calories and 13 grams of carbs.

Wrestlers typically need .55 to .8 grams of **protein** per pound of body weight per day.

Good sources of protein include fish, chicken, turkey, lean beef, low-fat milk, yogurt, cheeses, nuts, and soy foods.

Examples

3 ounces of tuna has 22 grams of protein.

8 ounces of milk has 8 grams of protein.

1/4 pound ground beef patty has about 25 grams of protein.

Wrestlers need at least .45 grams of **fat** per pound of body weight per day. Choose heart-healthy fats, such as canola oil, olive oil, and nuts.

Examples

1 ounce of potato chips has 10 grams of fat and 150 calories.

Medium french fries has 17 grams of fat and 380 calories.

A hamburger has about 12 grams of fat and 250 calories.

Count calories and read labels.

Don't eat out during the season if you can avoid it.

The tortilla alone at Chipotle is 290 calories!

Table 2: A 6 Meal Day With the Needed Water For A Wrestler

Time	Meals and Needed Water
5:30 A.M.	Wake up, drink a <u>glass of water</u> / 1 piece of fruit (or a slice of 100% whole wheat bread) and 1 glass of skim or low-fat milk fortified w/ protein powder.
6:00 A.M.	Weight Train or Cardiovascular Work-out (at least <u>8 oz. of water before and after</u>).
9:00 A.M.	Drink a minimum of <u>8 oz. of water</u> , 1 slice of whole grain bread or 1 vegetable serving and 1/2 can of tuna or 1/2 protein bar (I recommend the Pure Protein [®] protein bar by Worldwide Sport Nutritional Supplements, Inc. - high protein, low carbohydrate, low fat).
11:30 A.M.	Have a minimum of <u>8 oz. of water</u> , sensible lunch: include skim or low-fat milk, lean protein, complex carbohydrates, and low fat foods.
2:00 P.M.	Drink a minimum of <u>8 oz. of water</u> , 1 slice of whole grain bread or 1 serving of vegetable and 1/2 can of tuna or 1/2 protein bar.
2:30 – 5:00 P.M.	Have a minimum of <u>8 oz. of water before, during, and after</u> wrestling practice or your afternoon workout.
6:00 P.M.	Drink a minimum of <u>8 oz. of water</u> , sensible dinner: include skim or low-fat milk, lean protein, good carbohydrates, and low fat desert.
8:00 P.M.	Drink a <u>glass of water</u> and have a healthy snack (i.e.: ½ cup of low-fat cottage cheese with fruit or low fat/non-fat cheese with 1 vegetable serving).
9:30 P.M.	Drink a minimum of <u>8 oz. of water</u> before bedtime.

APPENDICIES

Appendix A

SEAFOOD

NUTRI-FACTS

UPDATE

NUTRITION FACTS FOR COOKED SEAFOOD¹

Nutrient	% Daily Value of Nutrient		Nutrient													
	Calories	Calories From Fat	Total Fat	Saturated Fat	Cholesterol	Sodium	Potassium	Total Carbohydrate	Protein	Vitamin A	Vitamin C	Calcium	Iron			
SEAFOOD (84 g/3 oz)	(g/%DV)	(g/%DV)	(mg/%DV)	(mg/%DV)	(mg/%DV)	(mg/%DV)	(g/%DV)	(g)	(%DV)	(%DV)	(%DV)	(%DV)				
Blue Crab	100	10	1 2	0 0	90 30	320 13	360 10	0 0	20	0	0	8	4			
Catfish	140	80	9 14	2 10	50 17	40 2	230 7	0 0	17	0	0	0	0			
Clams, about 12 small	100	15	1.5 2	0 0	55 18	95 4	530 15	0 0	22	10	0	6	60			
Cod	90	0	0.5 1	0 0	45 15	60 3	450 13	0 0	20	0	0	2	2			
Flounder/Sole	100	14	1.5 2	0.5 3	60 20	90 4	290 8	0 0	21	0	0	2	2			
Haddock	100	10	1 2	0 0	80 27	85 4	340 10	0 0	21	0	0	2	6			
Halibut	110	20	2 3	0 0	35 12	60 3	490 14	0 0	23	2	0	4	4			
Lobster	80	0	0.5 1	0 0	60 20	320 13	300 9	1 0	17	0	0	4	2			
Mackerel, Atlantic/Pacific	210	120	13 20	1.5 8	60 20	100 4	400 11	0 0	21	0	0	0	5			
Ocean Perch	110	20	2 3	0 0	50 17	95 4	290 8	0 0	21	0	0	10	6			
Orange Roughy	80	10	1 2	0 0	20 7	70 3	330 9	0 0	16	0	0	0	0			
Oysters, about 12 medium	100	35	3.5 5	1 5	115 38	190 8	390 11	4 1	10	0	0	6	45			
Pollock	90	10	1 2	0 0	80 27	110 5	360 10	0 0	20	0	0	0	2			
Rainbow Trout	140	50	6 9	2 10	60 20	35 1	370 11	0 0	21	4	4	6	2			
Rockfish	100	20	2 3	0 0	40 13	70 3	430 12	0 0	21	4	0	0	2			
Salmon, Atlantic/Coho	160	60	7 11	1 5	50 17	50 2	490 14	0 0	22	0	0	0	4			
Salmon, Chum/Pink	130	35	4 6	1 5	70 23	65 3	410 12	0 0	22	2	0	0	2			
Salmon, Sockeye	180	80	9 14	1.5 8	75 25	55 2	320 9	0 0	23	4	0	0	2			
Scallops, about 6 large or 14 small	120	10	1 2	0 0	55 18	260 11	280 8	2 1	22	0	0	2	2			
Shrimp	80	10	1 2	0 0	165 55	190 8	140 4	0 0	18	0	0	2	15			
Swordfish	130	35	4.5 7	1 5	40 13	100 4	310 9	0 0	22	2	2	0	4			
Whiting	110	25	3 5	0.5 3	70 23	95 4	320 9	0 0	19	2	0	6	0			

Seafood provides negligible amounts of dietary fiber and sugars.

Serving Size: 3 oz. skinless cooked portion, without added fat, salt or sauces.

¹ Cooked, edible weight portion.
Percent Daily Values are based on a 2,000 calorie diet.

Developed by: Food Marketing Institute, American Dietetic Association, American Meat Institute, Food Distributors International, National Broiler Council, National Cattlemen's Beef Association, National Fisheries Institute, National Grocers Association, National Turkey Federation, Produce Marketing Association, United Fresh Fruit and Vegetable Association

Data Source: U.S. Food and Drug Administration

CHICKEN & TURKEY

NUTRI-FACTS

UPDATE

POULTRY NUTRITION FACTS

With skin Skinless	Calories		Calories From Fat		Total Fat	Saturated Fat	Cholesterol	Sodium	Protein	Iron
					g	g	mg	mg	g	%DV
Chicken, 3-oz cooked serving										
Whole* , roasted	200	100	12	3	75	70	23	6		
	130	35	4	1	75	75	23	6		
Breast , baked	170	60	7	2	70	60	25	6		
	120	15	1.5	.5	70	65	24	4		
Wing , baked	250	150	17	5	70	70	23	6		
	150	50	6	1.5	70	80	23	6		
Drumstick , baked	180	90	9	3	75	75	23	6		
	130	35	4	1	80	80	23	6		
Thigh , baked	210	120	13	4	80	70	21	6		
	150	60	7	2	80	75	21	6		
Turkey, 3-oz cooked serving										
Whole* , roasted	180	70	8	2	70	60	24	8		
	130	25	3	1	65	60	25	8		
Breast , baked	160	60	6	2	65	55	24	6		
	120	10	1	0	65	45	26	8		
Wing , baked	200	100	11	3	70	50	23	6		
	140	25	3	1	60	75	26	8		
Drumstick , baked	170	70	8	2	70	75	23	10		
	140	40	4	1	65	80	24	15		
Thigh , baked	160	60	7	2	70	70	22	10		
	140	40	5	1.5	65	70	23	15		

*without neck or giblets

Not a significant source of total carbohydrate, dietary fiber, sugars, vitamin A, vitamin C, and calcium.

Serving Size: 3 oz. cooked portion, without added fat, salt or sauces.

Developed By: Food Marketing Institute, American Dietetic Association, American Meat Institute, National-American Wholesale Grocers' Association, National Broiler Council, National Fisheries Institute, National Grocers Association, National Live Stock and Meat Board, National Turkey Federation, United Fresh Fruit and Vegetable Association.

Reviewed By: United States Department of Agriculture

Data Source: USDA Handbook 8-5 and research conducted in cooperation with USDA.