

Wrestler's Nutrition and Weight Maintenance



Breads and cereals should make up the bulk of your diet.

Your goal weight is based on your body composition. Body composition refers to the amount of muscle, bones, fat, etc that makes up your body. High school and collegiate governing bodies, the National Wrestling Coaches Association, NCAA as well as experts in exercise physiology have determined that the minimum amount of fat that a wrestler can have is 7 % of your total body weight. That is if your body fat is below 7 % you are at a significant risk of serious injury and should not be allowed to compete.

How do I know what my body fat is?

Your body fat can be determined a number of ways. At Tilton we use the skinfold method. This method uses a skin caliper to measure subcutaneous (under the skin) fat at three different sites. The measurements are then used in an equation to give a measurement of body fat.

Now that I know my body fat how do I lose or maintain my weight?

Once your body fat is determined use the BEE method to calculate the amount of calories (energy) needed to maintain your current weight.

If you need to lose weight remember this, 3500 excess calories per week equals one pound of fat or 500 extra calories a day/week.

Basal Energy Expenditure (BEE) Method

$$BEE = 66 + [13.7 \times Wt \text{ (kg)}] + [5 \times Ht \text{ (cm)}] - [6.8 \times A]$$

Wt = weight (kg) Divide pounds by 2.2 to get kg.

Ht = height (cm) Multiply Height (inches) x 2.54 to get cm.

A = age

Multiply the results by 1.5 to get the amount of calories needed to maintain weight.

Example: A wrestler who is 5'7" (67"x2.54 = 170 cm), 16 years old and weighs 140 lbs (140/2.2=63.6 kg)

$$BEE = 66 + (13.7 \times 63.6) + (5 \times 170 \text{ cm}) - (6.8 \times 16) = 66 + 871.3 + 850 - 108.8 = 1678.5 \times 1.5 = 2511.8 \text{ calories per day to maintain current weight.}$$

How do I know what calories to eat?

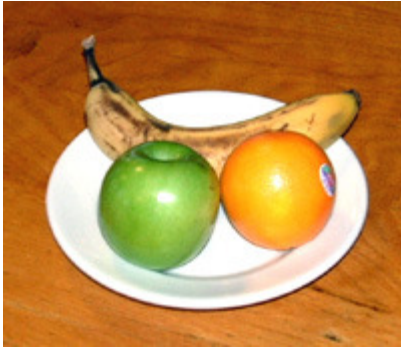
Simply put calories are an amount of energy. Calories come from a variety of sources and are either readily used as blood sugar called glucose or stored in the muscles as glycogen. Some foods have a higher amount of fat than others.

Maintaining weight is an important part of wrestling. Many wrestlers often struggle throughout the course of the season with this sometimes difficult part of the sport. Fortunately with discipline and education safely getting to your goal weight and maintaining it is very much possible.

What is my goal weight and is it possible to achieve?



Sweets, oils and fats should be used sparingly.



Fruits provide calories and are low in fat.

These foods tend to be smaller in size yet give more calories. Calories in the form of fat are not used right away but are stored in the body as fat tissue. The body only burns fat when it is doing an aerobic activity such as running for a minimum of 20 minutes. Thus it makes sense to eat foods that are low in fat if you want to maintain weight and not have to run constantly. It is important to remember that some fat is necessary to your overall health and should not be cut out completely. Many experts believe of your total caloric intake 15% of it should be in fat, with bulk of it being unsaturated. Some foods like colorful vegetables have exceptional nutritional value and some like fried onion rings do not. Nutrients

are the different types of raw materials derived from food. Each food provides different nutrients like fiber, protein and fat. They also provide other materials important to maintaining optimal health like iron, calcium, vitamins A, B, C, D and K. The United States Department of Agriculture provides a guideline to proper nutrition in the food pyramid. It's recommended by United States Department of Agriculture that you eat a variety of different foods in certain suggested serving amounts and sizes to achieve the right amounts of nutrients.

Foods that are high in fat like donuts offer lots of calories but are nutritionally poor choices. The equivalent and more healthy choice would be two slices of wheat toast and a banana. Calories come in a variety of forms. The food pyramid is a visual guide to the different forms of calorie sources broken into 6 groups.



It is recommended that you eat 3 to 5 servings of vegetables per day.

Sweets, oils and fats are one group. They include butter, syrup, candy, cooking oils, and oil based salad dressings. Because they offer high amounts of calories in relatively small amounts they should be used sparingly, less than one serving per day. A typical serving size may vary. It could be the size of a candy bar or in the case of butter a tablespoon. 1 large 2 oz chocolate glazed donut 270 cal 17.7 grams of fat, 1 2.5 oz chocolate chip cookie 275 calories 15 grams of fat, butter 1 pat 17 cal 2 grams of fat.

Fruits are another group. They provide calories and are usually low in fat. They will help you have a full feeling without having to eat a lot. It is recommended that you eat 2-4 servings of fruit per day. A serving size is equal to a medium apple, banana, or orange, or 3/4 cup of fruit juice, or 1/2 cup of chopped or canned fruit.



Dairy offers a lot of nutrients and calories.

1 cup of orange juice 105 cal 0.4 grams of fat, 1 cup orange sections 85 cal 0.2 grams of fat.

Vegetables are another source of nutritious calories. Like fruit, they are filling and low in fat. It is recommended that you eat 3-5 servings per day. A typical serving is 1 cup of raw leafy vegetables, or 1/2cup cooked or chopped vegetables, or 3/4 cup of vegetable juice.

Dairy offers a lot of nutrients and calories in the form of fat. It is recommended that a person should have 2-3 servings per day. Serving sizes are 1 cup of milk, 1.5ounces of natural cheese, or 2 ounces of processed cheese. Although dairy is needed for daily nutrition be aware that whole milk, yogurt,

ice cream are all high in fat. To get the nutrition needed try to choose lowfat and non- fat options such as skim milk and lowfat yogurt and cheeses.

Breads and cereals should make up the bulk of your diet. It is recommended that you eat 6-11 servings per day. I know this sounds like a lot but consider this, one serving is equivalent to 1 slice of bread, 1 ounce of dry cereal, ½ cup of cooked cereal, rice, or pasta.

Meats, poultry, fish, eggs, nuts, and dry beans are excellent sources of protein. Protein is important in the maintenance of cells and connective tissues. Connective tissues include muscle, skin, hair, heart, the immune system, heart, lungs and other organs. The recommended daily



Meats, fish, eggs, nuts and beans are excellent sources of protein. A serving size should be no larger than 2-3 ounces of lean meat, or ½ cup of cooked dried beans, or 1 egg, or 2 tablespoons of peanut butter. The way that your food is prepared is important. Remove the skin and cut out any visible fat away from the meat. Choose baked, broiled, or grilled over fried, or breaded. Finally eat nuts in moderation because they have a lot of fat in them.

Notice that water and minerals are not part of the food pyramid. They do not hold calories but are vital to peak athletic performance.

Okay, now I know what to eat and how many calories per day I'm allotted how do I put all together?

The last and final part takes a little preparation and discipline. At the start of each day you should know how many calories a day your allotted once you're at your goal weight use the BEE formula to stay there. I think you'll be surprised at the amount you can eat when you stick to your diet.

USEFUL TIPS It is a fact that weight loss is harder to achieve when you deprive your body of the calories it needs. Rapid weight loss triggers a survival program in your body which tells it to hold onto as much weight as possible until meals become regular again. The only way to reduce weight safely is to gradually cut back in excess calories and increase your metabolism with regular exercise.

The drinking glasses in the dining hall are 8 ounces. 8 ounces = 1 cup 1 cup of skim milk= 86 calories compared to 1 cup whole milk =150 calories. Skim has almost less than half the amount calories as of whole does. By making this choice you have satisfied one of your suggested servings for dairy and leaves you with some room to splurge on another food.

Deli slice meats in the dining hall are approximately ½ ounce. Four slices = 1 serving of protein. Meats that contain visible fat like salami and cappicola are high in fat. Stick to lean roast beef or even better turkey. 1 oz salami = 74 cal 5.9 grams of fat 1oz turkey breast 31 cal 0.4 grams of fat.

Deli slices of cheese in the dining hall are 1 ounce. Cheddar 1oz 69 cal 5.6 grams of fat, American 110 cal 9 grams of fat, Provolone 100 cal 8 grams of fat.

Beware of oil and fats in your salad dressings and sandwich spreads condiments. For example a tablespoon of mayonnaise is 100 calories and 11 grams of fat and a tablespoon of ranch dressing is 435 calories and 45 grams of fat. Choose low fat or nonfat salad dressings instead. Low fat mayonnaise has 35 calories and 3 grams of fat.

Don't be fooled into thinking that fat free contains zero calories. Don't forget a food may be high in calories without fat. Don't think, "Oh boy, I can eat as much as I want because it's fat free!" Those calories will still add up.

Fruit juices are low fat and nutritious. Eight ounces equal a serving of fruit. Be cautious because they and soft drinks contain large amounts of sugar, thus more calories. Sport drinks also have calories.

A good source for calorie and fat information is calorieking.com. This web site will give you information on a variety of foods including popular fast food restaurants.

Source: www.tiltonschool.org/pages/sitepage.cfm?page=40313