

# **Sports Nutrition**

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## **NEBRASKA WRESTLING**

# WRESTLING NUTRITION A SEASONAL APPROACH

## WEIGHT MAINTAINENCE A SEASONAL APPROACH (OFF-SEASON)

The first principle a wrestler must get his grip on is weight maintenance. Cutting weight will always be a part of wrestling, however, the methods we use to accomplish this will make all the difference in how we perform. Throughout the off-season, pre-season, and in-season a wrestler must be smart. Neglecting nutrition and failing to maintain a reasonable weight will hinder your development. Below is a chart that lists different weight classes. For each weight class a number of percentages are listed. Ideally, each wrestler should remain within a certain percentage of his weight class throughout the full training year. Post-season and in the off-season a wrestler should stay within 12% of his weight class. Nutrition is an all-the-time thing for the wrestler. He must practice good nutritional habits throughout the entire training year. Maintaining a weight within 12% of his weight class should be easily accomplished with little calorie and dietary restriction. If this is difficult and a wrestler is <6% body fat he may consider bumping up another weight class.

## PRE-SEASON

The next phase is the pre-season. The pre-season begins 2 months prior to competition and should allow a wrestler to begin dieting / calorie restriction. **Within that 2 month period a wrestler should strive to get within 5-8% of his weight class.** Remember healthy weight loss is a slow process. Losing 1lb/week is the best rate of weight loss. A common mistake is for wrestlers to go from one extreme to another. Consuming too many calories or disregarding nutritional practices in the off-season and restricting calorie intake too severely in the pre-season and during the season. Calorie restriction should not exceed 40% of your normal energy/calorie needs. By modestly cutting calories early in the pre-season and by losing weight at a gradual pace a wrestler can ensure he has the energy he needs to practice/train, maintain strength & power, and limit decrements in performance that result from severe calorie restriction. **The goal of the pre-season is to drop body weight to within 5% of your weight class without restricting fluid intake.** Fluid restriction is a part of cutting weight but will be used during the in-season. Wrestler's should avoid weighing after practices when fluid losses significantly impact body weight. During the pre-season monitor your weight 1-2x/week. Weigh yourself in the same conditions (first thing in the morning or after breakfast).

		WEIGHT PERCENTAGE					
		3%	5%	8%	10%	12%	15%
W E I G H T  C L A S S	125	129	131	135	138	140	144
	133	137	140	144	146	149	153
	141	145	148	152	155	158	162
	149	153	156	161	164	167	171
	157	162	165	170	173	176	181
	165	170	173	178	182	185	190
	174	179	183	188	191	195	200
	184	190	193	199	202	206	212
	197	203	207	213	217	221	227
	260	268	273	281	286	291	299

## IN-SEASON

By the time in-season training begins we need to be within 5% of our weight class in a **fully hydrated state.** The remaining 5% of weight needed to be cut will be dropped towards the end of the training week, approx. 2-3 days before competition or weigh in. Calorie intake will actually increase slightly from the pre-season to keep up with weekly training demands of practices. The remaining body weight will be dropped by manipulating fluid intake and fluid stores in the body. There are two places in the body that wrestlers can look to strip fluid from. These are muscle glycogen stores and the gastrointestinal tract. Muscles store carbohydrates as glycogen. Fluid is stored in combination with carbohydrates in the muscles. So as muscle glycogen stores become depleted additional fluid is lost. This is one reason why low-carbohydrate diets, like the Atkins Diet, are successful in producing weight loss quickly. *Our strategy will be to deplete glycogen stores #days prior to weigh ins, however, it will be vital that we do everything possible to restore these glycogen levels immediately post weigh-in!* The second place we can tap into to drop body weight is the gastrointestinal tract (GI). The GI tract is made up of your small and large intestine and is very long, approx. the length of a football field. Food is digested, absorbed and eliminated in the GI tract. Certain foods add bulk to your feces and trap water in your GI tract, these foods are termed high residue foods and are typically high in fiber. By adjusting what we eat 2-3-days prior to weigh-ins and consuming more low-residue and liquid foods we can reduce fluid and weight that is trapped in your GI tract.

# WRESTLING OFF-SEASON NUTRITION PRINCIPLES

## 1.) ENERGY NEEDS— CALORIE MAINTENANCE

During the off-season your calorie intake will increase, however, its important not to completely disregard calories. The chart to the right will give you some recommended calorie intakes. You'll have freedom to eat some of the higher-calorie foods you enjoy but you still need to be conscious of what and how many calories you are consuming each day. You also want to continue to practice some sound sports nutrition principles.

		OFF-SEASON CALORIES												
		INACTIVE CALORIE NEEDS												
		HT (IN.)												
		62	63	64	65	66	67	68	69	70	71	72	73	74
W T	125	2418	2463	2507	2552	2596	2641	2686	2730	2775	2819	2864	2908	2953
	133	2451	2495	2540	2585	2629	2674	2718	2763	2807	2852	2897	2941	2986
L B S	141	2484	2528	2573	2617	2662	2706	2751	2796	2840	2885	2929	2974	3019
	149	2516	2561	2605	2650	2695	2739	2784	2828	2873	2918	2962	3007	3051
L B S	157	2549	2594	2638	2683	2727	2772	2817	2861	2906	2950	2995	3039	3084
	165	2582	2626	2671	2716	2760	2805	2849	2894	2938	2983	3028	3072	3117
L B S	174	2619	2663	2708	2752	2797	2841	2886	2931	2975	3020	3064	3109	3154
	184	2660	2704	2749	2793	2838	2882	2927	2972	3016	3061	3105	3150	3194
L B S	197	2713	2757	2802	2846	2891	2936	2980	3025	3069	3114	3158	3203	3248
	260	2970	3015	3060	3104	3149	3193	3238	3282	3327	3372	3416	3461	3505

## 2.) Eating Consistently 5-6x each day

Eating often, every 2-3 hours, and including a protein source with each meal/shack will help you to stabilize your energy levels, improve your body composition, and support recovery from training. This is an important principle to practice throughout the entire training year (off-season, pre-season, and in-season). It becomes extremely vital during dieting and calorie restriction (Pre-Season). In the off-season eating 5-6x/day will help to ensure that the weight you gain is lean body mass and not fat mass.

		OFF-SEASON CALORIES												
		ACTIVE CALORIE NEEDS												
		HT (IN.)												
		62	63	64	65	66	67	68	69	70	71	72	73	74
W T	125	2971	3024	3078	3131	3185	3238	3292	3345	3399	3452	3506	3559	3613
	133	3004	3057	3111	3164	3218	3271	3325	3378	3432	3485	3539	3592	3646
L B S	141	3036	3090	3143	3197	3250	3304	3357	3411	3464	3518	3571	3625	3678
	149	3069	3123	3176	3230	3283	3337	3390	3444	3497	3551	3604	3657	3711
L B S	157	3102	3155	3209	3262	3316	3369	3423	3476	3530	3583	3637	3690	3744
	165	3135	3188	3242	3295	3348	3402	3455	3509	3562	3616	3669	3723	3776
L B S	174	3171	3225	3278	3332	3385	3439	3492	3546	3599	3653	3706	3760	3813
	184	3212	3266	3319	3373	3426	3480	3533	3587	3640	3694	3747	3801	3854
L B S	197	3265	3319	3372	3426	3479	3533	3586	3640	3693	3747	3800	3854	3907
	260	3523	3577	3630	3684	3737	3791	3844	3898	3951	4005	4058	4112	4165

## 3.) Build meals and snacks with balance and variety

When building your meals & snacks utilize these 3 Steps: Each food is unique in the nutrients it provides your body. Fruits and vegetables are loaded with antioxidants, vitamins and minerals. Carbohydrate foods provide the energy you need to perform and proteins provide the amino acids for muscle recovery and rebuilding.

Step 1 Fruits & Vegetables:

Step 2 Carbohydrates:\_\_\_\_\_

Step 3 Lean proteins:

## 4.) Pre & re-fuel muscles around training

Proper nutrient timing is essential for restoring the fuel stores in your muscles and starting the recovery process from training. It's important to plan meals and snacks around your workout and practice times. Eat something 1-2 hours before practices and within 45 minutes after training. This will pay big dividends for your body allowing you to practice at higher intensities, recovery faster, and maximize your abilities. In each of these we are looking to consume 15-20g of complete protein and 30-45g of carbohydrates.

## 5.) Proper Hydration

Hydration affects your body in a number of different ways. Dehydration can hinder your performance, leaving you feeling fatigued, and limit your recovery from exercise. Body weight can be manipulated through cutting water weight, however, this strategy should only be used 3 days prior to competition. In the off-season, pre-season, and in-season we want to practice good hydration habits. A good rule of thumb is to drink ½ your body weight in ounces each day. For the 185lb. athlete that is  $185/2 = 92-93$  ounces each day. In addition we should strive to drink 16-20oz. Before practices, 4-8oz., every 15 minutes during practice, and consume 20oz. for every lb. lost during practice. It's important that the majority of these fluids come in the form of water rather than soda, fruit punch, Hi-C, and even Gatorade. These fluids contain calories that we must account for throughout the day.

# WRESTLING PRE-SEASON NUTRITION PRINCIPLES

## 1.) Energy Needs & Weight Loss

The pre-season is when the majority of dieting should take place. The length of the pre-season should give a wrestler ample time to lose weight at a modest pace (1lb./week)

EXAMPLE:

**Class:** 125.

**Your weight:** 140

**Goal:** get down to 5% of competition weight 131 lbs

**To Do:** lose 9lbs.

**Timeline:** 7-9 weeks

The pre-season calorie chart is a good guide for how many calories you should try to consume each day while dieting. **AVOID EXTREMES!** Do not eat less calories than what is recommended.

Restricting your calorie intake more than 40% will:

- ⇒ lose strength gained in the off-season
- ⇒ suppressing your immune systems
- ⇒ leave you feeling run down and fatigued

It's important to monitor your weight loss through the pre-season and adjust your calorie intake accordingly. Keep consistent with when you weight yourself. For example weigh yourself 1-2x each week at the same time in the same conditions. Monday and Friday mornings before breakfast and in a fully hydrated state. Weighing after practices and training when you are dehydrated is not a good time to get an accurate picture of weight loss.

- ⇒ *Losing faster than 1-2lbs/week?* adjust your calorie intake up by 200-300 calories each day.
- ⇒ *Not losing at all?* adjust your calorie intake down 200-300 calories and/or look at when you are eating the most.

PRE-SEASON DIETING CALORIES													
ACTIVE CALORIE NEEDS													
HT (IN.)													
W T (LBS)	62	63	64	65	66	67	68	69	70	71	72	73	74
125	1783	1815	1847	1879	1911	1943	1975	2007	2039	2071	2103	2136	2168
133	1802	1834	1866	1898	1931	1963	1995	2027	2059	2091	2123	2155	2187
141	1822	1854	1886	1918	1950	1982	2014	2046	2079	2111	2143	2175	2207
149	1841	1874	1906	1938	1970	2002	2034	2066	2098	2130	2162	2194	2227
157	1861	1893	1925	1957	1989	2022	2054	2086	2118	2150	2182	2214	2246
165	1881	1913	1945	1977	2009	2041	2073	2105	2137	2170	2202	2234	2266
174	1903	1935	1967	1999	2031	2063	2095	2127	2160	2192	2224	2256	2288
184	1927	1959	1992	2024	2056	2088	2120	2152	2184	2216	2248	2280	2312
197	1959	1991	2023	2056	2088	2120	2152	2184	2216	2248	2280	2312	2344
260	2114	2146	2178	2210	2242	2274	2306	2339	2371	2403	2435	2467	2499

PRE-SEASON DIETING CALORIES													
INACTIVE CALORIE NEEDS													
HT (IN.)													
W T (LBS)	62	63	64	65	66	67	68	69	70	71	72	73	74
125	1451	1478	1504	1531	1558	1585	1611	1638	1665	1692	1718	1745	1772
133	1471	1497	1524	1551	1578	1604	1631	1658	1684	1711	1738	1765	1791
141	1490	1517	1544	1570	1597	1624	1651	1677	1704	1731	1758	1784	1811
149	1510	1537	1563	1590	1617	1644	1670	1697	1724	1751	1777	1804	1831
157	1529	1556	1583	1610	1636	1663	1690	1717	1743	1770	1797	1824	1850
165	1549	1576	1603	1629	1656	1683	1710	1736	1763	1790	1817	1843	1870
174	1571	1598	1625	1651	1678	1705	1732	1758	1785	1812	1839	1865	1892
184	1596	1622	1649	1676	1703	1729	1756	1783	1810	1836	1863	1890	1917
197	1628	1654	1681	1708	1735	1761	1788	1815	1842	1868	1895	1922	1949
260	1782	1809	1836	1862	1889	1916	1943	1969	1996	2023	2050	2076	2103

The charts should be a great starting point, however, every athlete is different and so adjustments may be needed.

# WRESTLING PRE-SEASON NUTRITION PRINCIPLES

## 2.) EAT CONSISTENTLY 5-6x each day

This principle becomes even more vital during the pre-season when energy/calories are restricted. Continue to focus on eating every 2-3 hours. Studies have shown that meal frequency is key, to maintaining muscle (lean body mass), strength, and performance while dieting.

Ex: 2000 calories

Breakfast: 400

Lunch: 500

Pre-Practice: 200-300

Post-Practice: 200-300

Dinner: 500

Snack: 100

## 3.) USE the Training Table, Don't Just Eat There....Choose Quality Foods, Protein, and Fiber (no "fake" fiber)

Fiber from foods and protein assist in STABLE energy levels & healthy weight loss, and help you feel full and satisfied. Protein also helps you to maintain your muscle mass, strength, and performance while dieting. Look to incorporate these two nutrients every time you eat!

- ⇒ **Best fiber-rich foods:** fruits and vegetables, whole-food carbs—potatoes, sweet potatoes, corn, peas, beans, 100% whole-wheat bread, oatmeal, triscuits.
- ⇒ **Protein** can be found in lean meats, low-fat dairy foods, or protein supplements (if you eat enough food, you do not need protein supplements).
- ⇒ **FOCUS ON:** portion control with carbohydrate foods (cycle active vs. inactive days), lean proteins must be chosen over high-moderate fat proteins, and mindless eating. If losing weight, keeping calories down is key but we are looking to cut calories mostly from dense, empty calorie foods, and cycling carbohydrates by monitoring portion sizes on training vs non-training days. NOT cut carbohydrates completely from your diet as these are essential for wrestlers to perform.

## 4.) Fuel muscles around training

Pre and re-fueling becomes especially important when you are dieting. Failing to eat before practice, especially, when dieting will lead to poor practice performance. You'll go through practice feeling fatigued and lethargic, and won't have the fueling needed to perform. Post practice is the best time to re-fuel muscle energy stores and provide the proteins your body needs to begin muscle recovery. CHOOSE FOOD for recovery, NOT shakes.

## 5.) Proper Hydration

You should ALWAYS choose fluids that help your body. Avoid fluids that contain a lot of calories or are empty calories. With meals & snacks, **avoid** Gatorade, Hi-C Fruit Punch, Sweet Tea, & lemonade as these drinks are quite high in empty calories. Choose lower-calorie drinks like G2, Propel, Crystal Light, and water. During practices of training sessions that are longer than 60-90 minutes in duration it is recommended that you consume G2 or Gatorlytes for hydration and performance purposes. If you are feeling extremely lethargic and fatigued at practice during the dieting phase you may look to consume something more concentrated like Gatorade.

Remember our goals for total intake, which are to drink 1/2 your body weight in ounces daily, and to additionally fuel before, during, and after practice. PEE A 3 OR LIGHTER. Lastly, remember the goal for the pre-season, which is to be within 5% of your weight class, IN A FULLY HYDRATED STATE!

# IN-SEASON NUTRITION PRINCIPLES

## 1.) IN-SEASON Calorie and Energy Needs

If you've managed your weight effectively you are now IN-SEASON, and within 3-5% of your weigh class. Every wrestler responds a little differently, some will be wise to stay at the low end around 3% while others will be advised to be around 5%. Losing the remainder of the weight should be done very methodically with a weekly plan leading up to weigh-ins.

- ⇒ In-season, calorie intake should be slightly higher than during pre-season.
- ⇒ By increasing calories you will ensure you have the energy needed to practice and compete your best. We are not necessarily looking to decrease body weight any further at this time, but are only looking to maintain and keep ourselves within 3-5%. The remaining weight will be lost through water weight fluctuations in the 2 days prior to weigh ins.

		WEIGHT PERCENTAGE					
		3%	5%	8%	10%	12%	15%
W E I G H T	125	129	131	135	138	140	144
	133	137	140	144	146	149	153
	141	145	148	152	155	158	162
	149	153	156	161	164	167	171
	157	162	165	170	173	176	181
	165	170	173	178	182	185	190
	174	179	183	188	191	195	200
	184	190	193	199	202	206	212
	197	203	207	213	217	221	227
	260	268	273	281	286	291	299

Roughly 60-65% of our body weight is water and we store water in a couple of different places: in our muscles as muscle glycogen & in our intestinal tract. High fiber foods add bulk to our feces and hold water. By manipulating our carbohydrate intake and changing the foods we consume from high-fiber, we can cut weight through moderately depleting our glycogen stores and eliminating weight stored in our G.I. track.

Finally, by limiting fluid intake you can mildly dehydrate to reach the weight goal. Losing 6-7lbs. before competition may seem relatively easy as a wrestler, however, if you can lose this weight the right way **without starving your body** and restricting your calorie intake but through manipulation of water weight you'll be able to **recover quickly after weigh-ins and perform better than your opponent.**

		IN-SEASON CALORIES												
		ACTIVE CALORIE NEEDS												
		HT (IN.)												
W T  ( L B S  (		62	63	64	65	66	67	68	69	70	71	72	73	74
	125	2602	2650	2697	2745	2793	2840	2888	2935	2983	3030	3078	3125	3173
	133	2635	2683	2730	2778	2825	2972	2920	2968	3016	3063	3111	3158	3206
	141	2668	2715	2763	2810	2858	2906	2953	3001	3048	3096	3143	3191	3238
	149	2701	2748	2796	2843	2891	2938	2986	3033	3081	3129	3176	3224	3271
	157	2733	2781	2828	2876	2923	2971	3019	3066	3114	3161	3209	3256	3304
	165	2766	2814	2861	2909	2956	3004	3051	3099	3146	3194	3242	3289	3337
	174	2803	2850	2898	2945	2993	3041	3088	3136	3183	3231	3278	3326	3373
	184	2844	2891	2939	2986	3034	3081	3129	3177	3224	3272	3319	3367	3414
	197	2897	2944	2992	3040	3087	3135	3182	3230	3277	3325	3372	3420	3468
260	3155	3202	3250	3297	3345	3392	3440	3488	3535	3583	3630	3678	3725	

		IN-SEASON CALORIES												
		INACTIVE CALORIE NEEDS												
		HT (IN.)												
W T  ( L B S  (		62	63	64	65	66	67	68	69	70	71	72	73	74
	125	2050	2088	2127	2166	2204	2243	2281	2320	2359	2397	2436	2475	2513
	133	2082	2121	2160	2198	2237	2276	2314	2353	2391	2430	2469	2507	2546
	141	2115	2154	2192	2231	2270	2308	2347	2386	2424	2463	2501	2540	2579
	149	2148	2186	2225	2264	2302	2341	2380	2418	2457	2496	2534	2573	2611
	157	2181	2219	2258	2296	2335	2374	2412	2451	2490	2528	2567	2606	2644
	165	2213	2252	2291	2329	2368	2406	2445	2484	2522	2561	2600	2638	2677
	174	2250	2289	2327	2366	2405	2443	2482	2521	2559	2598	2636	2675	2714
	184	2291	2330	2368	2407	2446	2484	2523	2561	2600	2639	2677	2716	2755
	197	2344	2383	2421	2460	2499	2537	2576	2615	2653	2692	2731	2769	2808
260	2602	2641	2679	2718	2756	2795	2834	2872	2911	2950	2988	3027	3066	

# IN-SEASON NUTRITION PRINCIPLES

## Week of:

- ⇒ Stay Super-hydrated until 1-2 days before your final workout
  - Helps minimize release of anti-diuretic hormone (it causes water retention)
  - Will help your body maintain metabolism, get nutrients to muscles, clear toxins, improve energy, improve your workouts, improve muscle resiliency and make your weight cut easier!

## 2-3 days out:

- ⇒ Decrease added salt to avoid water retention.
  - High salt foods: cured meats (ham), crackers, processed foods, fast food, fried food, soup, pretzels, sauces, ketchup & mustard, American & cheddar cheese, canned vegetables, deli meat, frozen pizza, frozen dinners, popcorn, chips
- ⇒ Can begin to focus on low-residue (lower fiber) foods to minimize bulk in gut (see chart)

## Day Before:

- ⇒ Enter final day 3-5% of BW overweight & hydrated (adjust based on ability to sweat)
- ⇒ Finish workout 0-2 pounds overweight. If over this weight, return for another workout to cut water in order to be 0-2 pounds overweight
- ⇒ Eat & drink lower-carb foods up to 2-3 pounds overweight.
  - Well-cooked Vegetables, fruit (apple, pear, kiwi, cherries, banana, grapefruit, grapes, peach, mango, pum), cottage cheese, lean meat, fish, chicken & turkey, milk, cheese, eggs, greek yogurt, nuts, beans, brown rice, whole potatoes)
- ⇒ If final workout is early enough that you will float before bed, eat enough or snack so that bedtime weight is +2-3 pounds
- ⇒ Go to sleep 2-3 pounds overweight, depending upon ability to float. Note: the more you are over, the more your body will allow you to float

## Day of:

- ⇒ Wake up ~1lb overweight
- ⇒ If competing at night, can focus on liquid calories during day (shakes, milk, applesauce, smoothie)
- ⇒ Drill to lose remaining weight
- ⇒ Make Weight
- ⇒ Refuel—post weigh-in fuel

		WEIGHT PERCENTAGE					
		3%	5%	8%	10%	12%	15%
WEIGHTS	125	129	131	135	138	140	144
	133	137	140	144	146	149	153
	141	145	148	152	155	158	162
	149	153	156	161	164	167	171
	157	162	165	170	173	176	181
	165	170	173	178	182	185	190
	174	179	183	188	191	195	200
	184	190	193	199	202	206	212
	197	203	207	213	217	221	227
	260	268	273	281	286	291	299

# IN-SEASON NUTRITION PRINCIPLES

## IN-SEASON NUTRITION PHASE I

The first phase during the competitive season includes the Monday, Tuesday, and Wednesday, before Saturday weigh-ins. During the first 3-days of the week your nutrition shouldn't change. Keep your calorie intake at the recommended level for In-season. Continue to eat 5-6x throughout the day, eating a good balance of foods, fruits, vegetables, carbohydrates, and lean proteins. Remember to pre and re-fuel muscles before and after training and stay fully hydrated.

## PHASE II

Phase II begins Thursday, Friday, and into Saturday morning when we will begin manipulating fluid intake, and choosing different foods to start the weight cutting process. Calories should not be drastically reduced, the major changes that will take place will involve limiting fluid intake and changes the types of foods you choose. We will eat more low-residue foods. These are foods that are low in fiber and easy to digest. These foods will limit the amount of fluid and bulk in your GI tract which will assist you in cutting weight without restricting calories. The second phase is to limit fluid intake. You will not cut out fluids completely from your diet, however, will limit fluid intake.

LOW FIBER / LOW RESIDUE DIET		
FOOD GROUP	FOODS ALLOWED/LOW RESIDUE	FOODS TO AVOID/HIGH RESIDUE
<b>Breads &amp; Cereals</b>	Refined white, light wheat, or rye bread and rolls; saltines; waffles, pancakes. All refined, and ready -to -eat cereals (corn, oats, wheat, and rice) such as Wheathearts, Malt-O-Meal, Cornflakes, Special K, Cheerios. White Potatoes & Rice cakes	High fiber, whole wheat breads, pastas, & cereals. Brown Rice, oatmeal, any product made with nuts, seeds, bran, and dried fruit
<b>Fruit</b>	Fruit juice without pulp, Applesauce, canned cherries, fruit cocktail, peaches. Fresh: Bananas, cherries, grapefruit, melon, nectarine, peaches, plum, watermelon,	Prune Juice, Canned: Pineapple, pears, Fresh: Apples, apricot, avocado, berries, mango, pear, dried dates, figs, prunes, raisins
<b>Vegetables</b>	Cooked or canned: Asparagus, beets, carrots, chard, greenbeans, bean sprouts, mushrooms. Fresh and cooked tomato (no skins), Tomato Juice	All raw, strongly flavored vegetables (cabbage, croccoli, cauliflower, summer squash, okra, brussel sprouts, onions, corn, baked beans, dried beans, & peas
<b>Meats</b>	Tender, well cooked, meats, poultry, fish, eggs, tofu. Peanut Butter	Fried meats, fish, or poultry; meats highly seasoned containing whole spices, sausage, frankfurters, chunky, peanut butter
<b>Dairy</b>	Milk, yogurt, cheese	products w/ nuts & seeds
<b>Fat</b>	Butter, margarine, cooking oil, salad dressing, mayonnaise, bacon, salad dressings	Nuts & oils



# POST WEIGH-IN FUELING

## DO NOT BINGE.

Stuffing yourself immediately could hurt the way you perform on the mat.

- ⇒ **SMALL meals** every 15-20 minutes
- ⇒ 16-oz fluid for every 1-lb cut

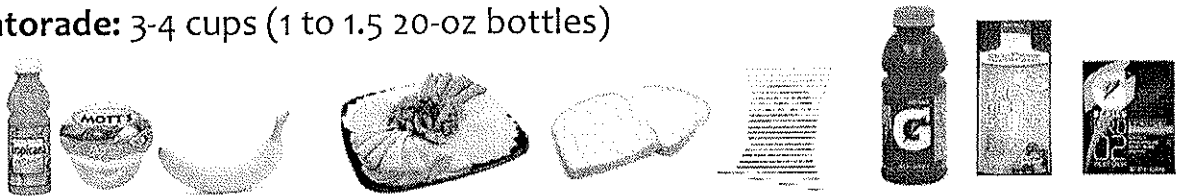
### Eat easy digesting, high-carb foods:

- White bread
- Applesauce or Fruit Cup
- Banana or Orange
- 100% Juice
- Graham Crackers, Animal Crackers, Pretzels
- Gatorade
- Gels

## IMMEDIATELY After Weigh-In

100-grams Carbs, 20-28g LeanProtein, Fluids & Electrolytes

- ⇒ **The Right Stuff:** 1 packet + 16-oz water OR 1 Gatorlyte in 1 cup Gatorade
- ⇒ **1 Fruit or Juice:** applesauce, banana, fruit cup, or 1/2 bottle juice
- ⇒ **2 Fuel/Carb:** 2 slices white bread or pkg Pretzels
- ⇒ **3-4 oz. lean protein:** 2-3 slices deli meat + cheese
- ⇒ **Gatorade:** 3-4 cups (1 to 1.5 20-oz bottles)



## 15-20 minutes After Weigh-In

60-70-grams Carbs, 10-15 LeanProtein, Fluids & Electrolytes

- ⇒ 1 Gatorade Bar
- ⇒ 1 AccelGel or Applesauce
- ⇒ 1 cup Gatorade
- ⇒ 2 cups water



## 15 minutes Before Wrestle

16-20g Carb, Fluid

- ⇒ 1 AccelGel
- ⇒ 1-2 c. water

