

EATING FOR WRESTLING PERFORMANCE



IOWA HIGH SCHOOL ATHLETIC ASSOCIATION
1998

EATING FOR WRESTLING PERFORMANCE

Wrestlers need to maintain high energy levels to fuel their intense workouts. They also need to be conscious about controlling their weight. In order to provide their body with fuel and nutrients and control their weight, **wrestlers need to concentrate their nutritional efforts on eating foods that are high in complex carbohydrates and low in fat.** Contrary to some opinions, **wrestlers can eat a healthy, balanced diet and still control their weight. The key is choosing low-fat, high carbohydrate foods that contain important nutrients.**

The following are examples of foods that have high energy content without unwanted extra calories.

Fruits: Fresh, frozen, canned, or dried.

Fruit Juices
Apples
Applesauce
Apricots
Bananas
Cantaloupe
Fruit Cocktail
Fruit Salad
Fruit Roll-ups
Grapefruit
Grapes
Kiwi
Oranges
Peaches
Pears
Pineapple
Plums
Raisins
Strawberries

Vegetables: Fresh, frozen, or canned. **Canned vegetables are higher in sodium which can cause additional fluid retention and added weight.** Fresh or frozen vegetables are lower in sodium and high in nutrients.

Asparagus
Baked Beans and Chili Beans
Broccoli
Carrots

Cauliflower
Corn
Dried Beans and Peas
Green Beans
Peas
Potatoes, baked or boiled
Spinach
Sweet Potatoes
Tomato Sauce
Tomatoes
Vegetable Juices
Zucchini

Breads: Thicker, heavier, whole-grain breads have more carbohydrate than thinner, lighter bread. This makes them slightly higher in calories, but those are nutritious calories that can be used for sustained energy as well as a source of vitamins and minerals. A good goal is to eat whole-grain products one-half of the time.

Bagels
Biscuits
Bran Muffins
Bread
Corn Bread
Dinner Rolls
English muffins
Low-fat crackers
Muffins, adding fruit such as blueberries adds carbohydrates
Pancakes
Pita Bread
Pizza, cheese or vegetarian with thick crust
Rice Cakes
Sandwich Buns
Tortillas
Waffles

Cereals and Pasta: Adding whole milk to cereal, or fatty meat sauce to pasta greatly increases the amount of fat calories. **Eating cold cereals that are fortified with vitamins and minerals are excellent sources of energy.** Cereals high in sodium should be chosen less often than those low in sodium.

Cereals, hot or cold, except granola which is higher in fat content

Macaroni
Noodles
Rice, white or brown
Spaghetti
Stuffing, from a mix

Dairy Products: Choose low-fat whenever possible.

Cheese, low-fat
Cottage Cheese, low-fat
Frozen Yogurt, low-fat
Milk, skim, white or chocolate
Pudding, made with low-fat milk
String Cheese
Yogurt, low-fat with or without fruit added

Desserts: Choose those low in fat or sugar, whenever possible.

Angel Food Cake
Animal Crackers
Brownies, made without oil and no frosting
Cereal Party Mix
Frozen Fruit Juice Bars
Fruit Bars (ie. Fig bars)
Gingersnaps
Graham Crackers
Granola Bar, plain-no chocolate
Low-fat Frozen Yogurt
Popcorn, air popped with no butter
Popsicles
Pretzels, not butter
Pudding, made with low-fat milk
Sherbet
Toppings, such as honey, jam, or syrup
Vanilla Wafers

Wrestlers also need adequate amounts of protein to build, maintain, and repair body cells (especially muscle tissue), help the body resist infection, and regulate body functions. Care should be taken to **eat foods containing protein that are also low in fat.** The following foods are the best choices for weight conscious wrestlers wanting moderate protein, low-fat foods. These foods provide adequate amounts of protein for student-athletes, without unwanted extra calories.

Meats: Care should be taken to choose meats that are **low-fat (10% fat or less) and low-sodium.** Some

processed meats may be low-fat, but they are often extremely high in sodium. **If using lean ground beef in casseroles, tacos, chili, etc., it can be rinsed with water after it is cooked. Rinsing significantly reduces the fat calories.** Meats should be broiled, baked, or grilled to keep the fat content to a minimum.

Beef, lean such as round, sirloin, or tenderloin
Chicken - **skinless, white meat is lowest in fat**
Fish
Luncheon Meats, 95% lean, but be careful of the sodium content
Pork, lean such as Canadian Bacon or ham, but be careful of the sodium content
Tuna, water packed
Turkey - **skinless, white meat is lowest in fat**
Venison

Wrestlers should also **be sure to drink adequate amounts of low calorie beverages.** By selecting drinks that are low in calories a wrestler can drink as much as he desires, without risk of added calories.

Beverages: Drinking enough fluids to remain hydrated is essential to health and performance. Water and beverages containing nutrients are the best choices.

Water (Minimum of 6-8, 8 ounce glasses per day)
Milk (Minimum of 3-4, 8 ounces glasses per day)
Juices, fruit (unsweetened) and vegetable
Sports Drinks
Diet Pop, decaffeinated
Iced Tea, unsweetened & decaffeinated

Fats and Oils: Select dressings and oils that are fat-free, or low-calorie. Substituting equal amounts of applesauce for cooking oil in recipes greatly reduces the calorie count.

Fat-free or low-fat Gravies
Fat-free or low-fat Mayonnaise
Fat-free or low-fat salad dressings
Substitutes such as Molly McButter or Butter Buds

**SAMPLE MENUS AND SNACKS
BASED ON AN APPROXIMATE 2000 CALORIE A DAY**

DAY 1

Breakfast:

2 medium (6") pancakes
1/4 cup low-calorie syrup
1, 8 oz. cup skim milk
1, 4 oz. glass orange juice

Lunch:

3 slices (3 oz.) turkey, 2 slices bread, low-fat cheese,
lettuce, & tomato
1 medium lettuce salad with 2 Tbsp. low-fat
dressing
Beverage (water, at least one glass)
2 vanilla wafers

Snack:

1 orange
Beverage (water, at least one glass)

Dinner:

1, 3 oz. broiled chicken breast, no skin
1 cup broccoli
1/2 cup mashed potatoes, with skim milk
1 dinner roll
2 cups skim milk
1/2 cup pineapple

DAY 2

Breakfast:

1 bowl (cup) cold cereal
1 banana
1 cup skim milk
1, 4 oz. glass grapefruit juice

Lunch:

3 oz. water-packed tuna, 2 slices bread, 2
teaspoons low fat mayonnaise
1 small bowl chicken noodle soup
1 cup skim milk
Carrot sticks
1 apple

Snack:

1/2 bagel, with jam
Beverage (water, at least one glass)

Dinner:

2 cups spaghetti noodles, 1/2 cup tomato
sauce made with lean ground beef
1 medium lettuce salad with 2 Tbsp. low-fat
dressing
1 cup skim milk
2 bread sticks
1 cup grapes

DAY 3

Breakfast:

2 slices toast, with jam
1 grapefruit
1 cup skim milk

Lunch:

Pasta salad with 1 cup cooked pasta, 1 1/2 cups raw
vegetables, 2 oz. lean ham, 1/8 cup low-fat
Italian dressing
1 cup skim milk
1/2 cup applesauce

Snack:

1 banana
Beverage (water, at least one glass)

Dinner:

2 bean burritos with 2 small flour tortillas, 1/4 cup
fat-free refried beans, 2 Tbsp. grated cheese,
tomato, lettuce, & 2 Tbsp. salsa
1/2 cup rice
1 cup skim milk
1/2 cup canned peaches

Snack:

2 cups air popped popcorn with Molly McButter
Beverage (unsweetened ice tea, at least 1 glass)

DAY 4

Breakfast:

1 cup cooked oatmeal, with 1/4 cup raisins
1 cup skim milk
1 orange

Lunch:

Stir-fried vegetables with 1 cup broccoli, 1/2 cup carrots,
1 Tbsp. Soy sauce
1 cup rice
1 cup skim milk
1 cup strawberries

Snack:

4 graham cracker squares
Beverage (water, at least one glass)

Dinner:

3 oz. lean steak
1 large baked potato with low-fat cottage cheese
1 medium vegetable salad such as spinach or lettuce mixed with other vegetables (carrots, celery, radishes, etc.)
2 Tbsp. low-fat dressing
1 cup skim milk
1 small dinner roll
1 slice angel food cake

DAY 5

Breakfast:

2 slices of toast with jam
1/2 cup grape juice
1 cup skim milk

Lunch:

1 sandwich bun, 3 slices (3 oz.) lean ham, 1 slice low-fat cheese
10 (1 oz.) pretzels
1/2 cup applesauce
Celery sticks
1 cup skim milk

Snack:

1 small bran muffin
Beverage (water, at least one glass)

Dinner:

Tuna-noodle casserole with 1 cup noodles & 3 oz. water packed tuna
1/2 cup cooked peas
1 small dinner roll
1 medium lettuce salad with 2 Tbsp. low fat dressing
1 cup skim milk
1 frozen fruit juice bar

DAY 6

Breakfast:

1 blender drink which includes 1 banana, 1 cup skim milk, & 1 Tbsp. peanut butter
1 slice toast with jam

Lunch:

1 small, lean hamburger with bun
10 pretzels
1 cup skim milk
2 fig bars

Snack:

1 banana
Beverage (water, at least one glass)

Dinner:

3 oz. lean pork roast
1/2 cup cooked rice
1 cup cooked broccoli
1 slice of bread with margarine
1/2 cup pears
1 cup skim milk

DAY 7

Breakfast:

1 cup cold cereal with skim milk
1 banana
1/2 cup fruit juice

Lunch:

3 slices (3 oz.) lean chicken with 2 slices bread, lettuce, tomato, & 1 Tbsp. low-fat mayonnaise
1 fruit
1 cup skim milk
1 small low-fat pudding

Healthful ideas for eating out:

Snack:

1 fruit
Beverage (water, at least one glass)

Dinner:

3 oz. roast turkey
1 large baked potato with 1 pat margarine
1 cup cooked vegetables
1 slice bread or roll
1 cup skim milk
1/2 cup fruit cocktail

Cheese or vegetable pizza
Side salad with low-cal dressing
Tostada
Bean or chicken burrito
Roast beef sandwich
Chicken sandwich, with low-cal mayonnaise, barbecue sauce, or honey mustard
Chili
Baked potato
Skim Milk

Food/Calorie Comparisons:

Meats: The following foods have approximately 120-150 calories per 3 ounce serving.

Fish
Skinless, white chicken
Lean ham
Water-packed tuna
Lean roast beef
Skinless, white turkey
Lean ground beef

When cooking meat it should be broiled, baked, or grilled to keep the fat content to a minimum. Choosing leaner cuts of meat also helps in keeping fat content low.

Breads: The following foods have approximately 50-100 calories per serving.

1 biscuit
1 slice bread
1/2 English muffin
1/2 hamburger or hot dog bun
1 dinner roll
5 saltine cracker squares
1-6" corn tortilla
1-4" pancake
1-4" waffle

Adding butter, mayonnaise, or margarine greatly increases the calorie content.

Fruits and vegetables vary greatly in calories, but are all low in calories compared to most other foods. They are also completely carbohydrate, with the exception of avocados, unless they are topped with margarine, butter, or high calorie dressings. They are great sources of energy.

Best food choices from convenience stores:

Low-fat yogurt
Fruit
Fruit bar cookies (ie. fig bars)
Nutri Grain bars
Granola bar (non-chocolate)
Pretzels
String cheese
Juice box
Low-fat chocolate milk
V-8 juice
Animal crackers

Sources: Food Power, National Dairy Council, 1991; Health and Safety Considerations for Interscholastic Wrestling, Ohio High School Athletic Association & Ohio High School Wrestling Coaches Association, 1994; Pinning Down Your Optimal Weight: A Wrestler's Guide to Good Nutrition, Connecticut Department of Education, 1991; "Sports Nutrition Fact Sheets & Classroom Activities," North Dakota Department of Public Instruction, 1991; "Recommended Diet For Weight Loss, Wrestling Diet," The Wrestler's Diet: A Guide to Healthy Weight Control, Roger Landry, Robert Oppliger, Ann Shelter, & Greg Landry, 1991; Wrestling USA Magazine, Karen Moses, October 1, 1994; "Wisconsin Wrestling Minimum Weight Program," Wisconsin Interscholastic Athletic Association, 1991.