

# FUELING the Athlete

Lindsey Remmers

MS, RD, CSSD, LMNT

Director of Performance Nutrition, University of Nebraska

# What is **PERFORMANCE** Nutrition?

More than just “eating healthy”...

Proper FUELING will:

- Improve performance
- Reduce fatigue
- Optimize recovery
- Increase Power & Speed
- Improve focus
- Heal and repair injuries
- Prevent heat cramps



# THE BASICS

- FUEL YOUR TANK

- Meet your Energy Needs



- QUALITY & BALANCED CHOICES

- Balance & Variety



- TIMING & CONSISTENCY

- Eat often



- HYDRATION

- #checkyourpee



- SUPPLEMENTS

- Food First, NSF



Certified for Sport®

“Young athletes may fail to reach their **genetic potential** if energy demands from sports and training are *not met* with adequate energy intake”  
~ Oded Bar-Or, M.D.

Sports Science Exchange Roundtable. Youth In sport: Nutritional Needs. GSSI. 8:4 (1997).

# THE BASICS

## 1. MEET ENERGY NEEDS

- Adolescent *athlete* energy needs are higher than normal recommendations

### Focus on:

- FUEL!
- Calcium & Vitamin D – bone growth & development
  - Get 3 to 4 servings of dairy each day
  - Need 5000IU Vitamin D during winter months
- Iron – oxygen transport to working muscles
  - consume lean red meat 3x/wk
- Magnesium, Zinc, Vitamin B6 – protein synthesis, growth
  - Whole grains, dairy, beans, nuts, leafy greens....SPINACH!!

# ➤ How much?

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	

# How FULL is Your Tank?

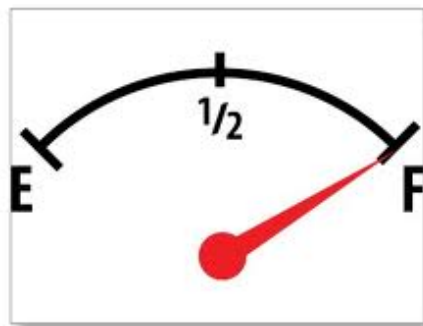
**There is nothing more fundamental or foundational to nutrition as meeting calorie needs.**

- SIGNS CALORIES ARE LOW

- Feeling Tired or no energy
- Heavy Legs
- Loss of speed/power/strength
- Weight loss
- Missed Periods
- Moody

- EFFECTS of CHRONIC LOW-CALORIES

- ↓metabolic rate
- ↓Protein synthesis (muscle)
- Induced immune suppression, decreased vigor, increased fatigue
- Hormonal imbalances
- Poor Cognitive function
- ↑susceptibility to heat illness
- Compromised nutritional status



# THE BASICS

1. Meet energy needs ✓
2. QUALITY COUNTS – what should I eat?

# FOOD GROUPS

Include all 4 Groups at each meal.

At Snacks: Combine 1 group from left side with 1 group from right side

## FRUIT & VEG = BOOST IMMUNE SYSTEM

Fights Inflammation, improves recovery

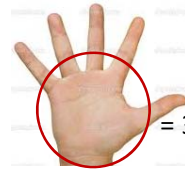


= 1 svg fruit  
= 2 svg veg



## LEAN PROTEIN = MUSCLE BUILDING

Helps muscles repair, recover, and rebuild.

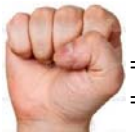


= 3-4-oz. meat



## CARBOHYDRATE = FUEL

Energy for training.



= 2 svg.  
= 2 slc. bread



## FATS

Healthy sources provide energy, help body absorb vitamins & minerals, provides satisfaction from meals.



= 2-3 fat svg or  
1 Tbsp.

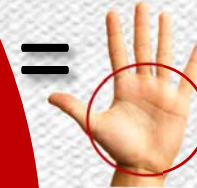
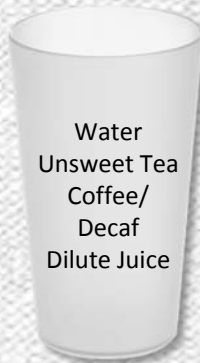
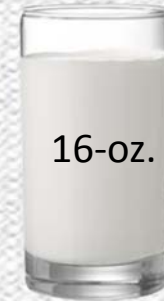


# ACTIVE DAY PLATE

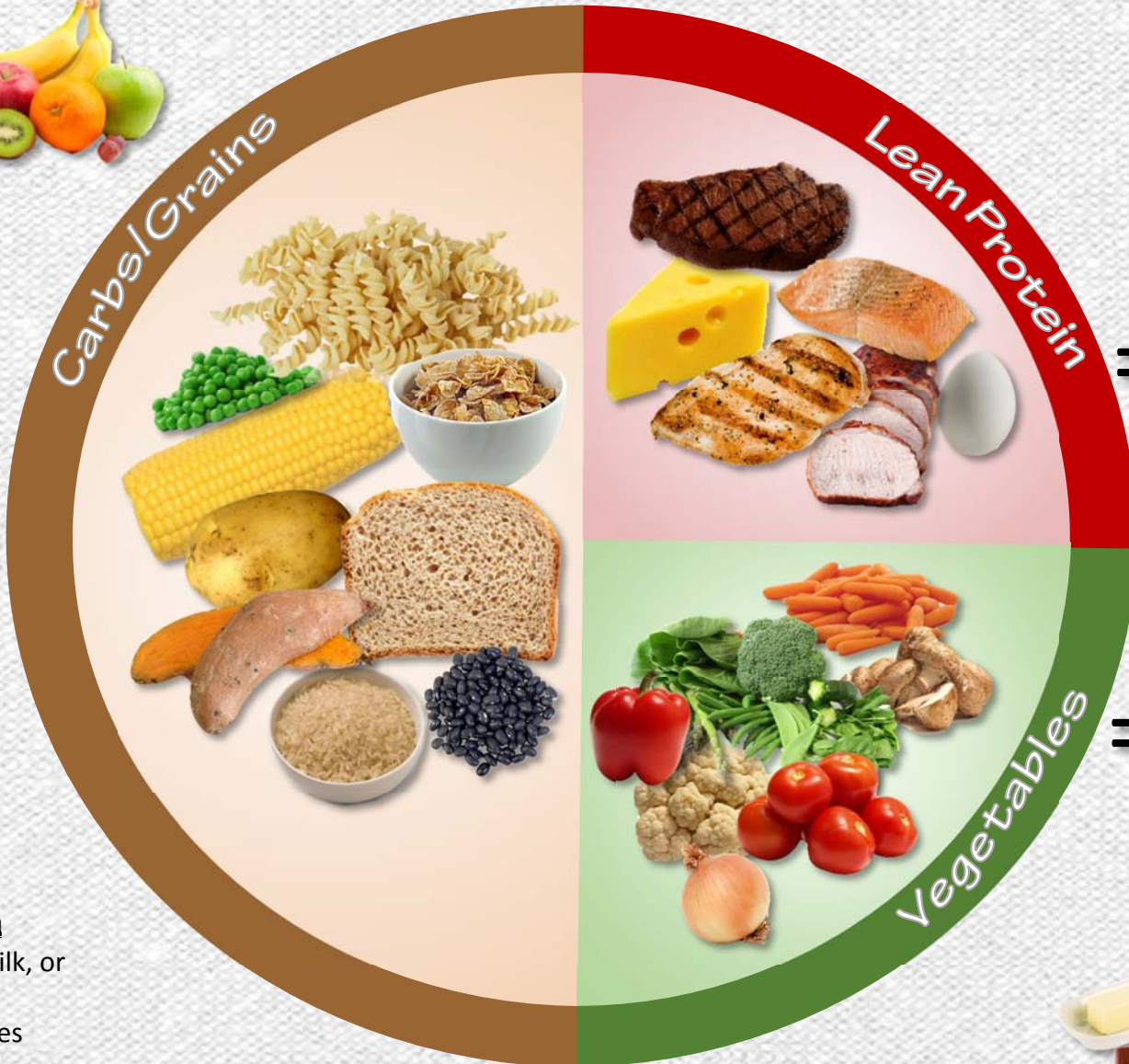
## FRUIT



## DAIRY



Carbs/Grains



Lean Protein

Vegetables

## FATS



### For Weight Gain

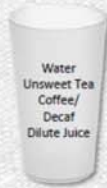
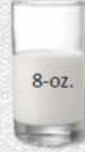
- Drink 100% juice, 2% milk, or chocolate milk
- Add cheese to vegetables
- Add Nuts & Dried Fruit
- Add Guacamole, Dressings
- Choose bagels or hoagies instead of sliced bread

# PRACTICE DAY: MEALS

STEP 1: FRUIT



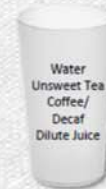
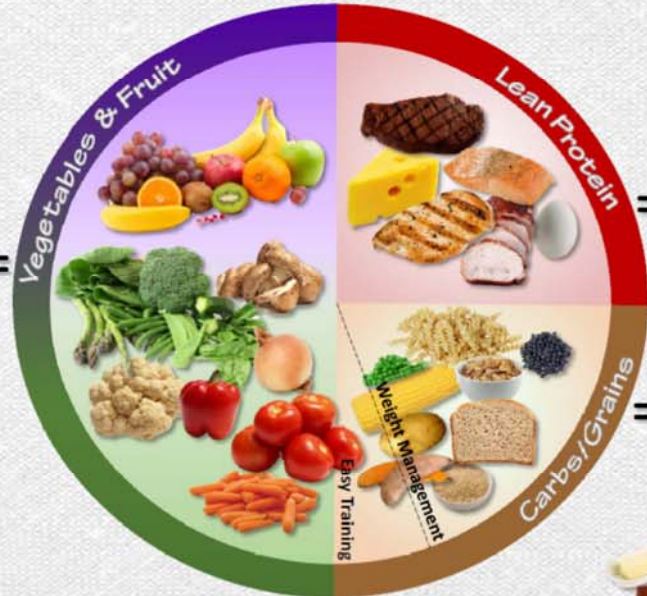
STEP 3: DAIRY



Sports Nutrition

# MEALS

DAIRY



Sports Nutrition

# MEALS

FRUIT



DAIRY



**FOR WEIGHT GAIN**

- Drink 100% juice, 2% milk, or chocolate milk
- Add cheese to vegetables
- Add Nuts & Dried Fruit
- Add Guacamole, Dressings
- Choose bagels or hoagies instead of sliced bread

Sports Nutrition



Does it *REALLY*  
matter what I eat?



## Typical Artificial Strawberry Flavor

Amyl acetate, amyl butyrate, amyl valerate, anethol, anisyl formate, benzyl acetate, benzyl isobutyrate, butyric acid, cinnamyl isobutyrate, cinnamyl valerate, cognace essential oil, diacetyl, dipropyl ketone, ethyl acetate, ethyl amylketone, ethyl butyrate, ethyl cinnamate, ethyl heptanoate, ethyl heptylate, ethyl lactate, ethyl methylphenylglycidate, ethyl nitrate, ethyl propionate, ethyl propionate, ethyl valerate, heliotropin, hydroxyphenyl, hydroxyphenyl-2-butanone (10 percent solution in alcohol), ionone, isobutyl anthranilate, isobutyl butyrate, lemon essential oil, maltol, 4-methylacetophenone, methyl anthranilate, methyl anthranilate, methyl benzoate, methyl cinnamate, methyl heptane carbonate, methyl naphthyl ketone, methyl salicylate, mint essential oil, neroli essential oil, nerolin, neryl isobutyrate, orris butter, phenethyl alcohol, rose, rum ether,  $\gamma$ -undecalactone, vanillin, and solvent.

*Fast Food Nation*, Eric Schlosser

Cooper Wellness™  
A COOPER AEROBICS COMPANY

# QUALITY COUNT

How do you know if it's a quality food?

**A** Water, High Fructose Corn Syrup, 2% or Less of the Following: Concentrated Juices (Orange, Tangerine, Apple, Lime, Grapefruit), Ascorbic Acid (Vitamin C), Ethylene, Thiamine (Vitamin B1), Natural Flavors, Modified Food Starch, Gum, Hexamethylenediamine (Hexamine), Benzoyl Peroxide, Yellow



**B** Pure Filtered Water, Premium Concentrated Orange Juice, Orange Pulp



# QUALITY COUNTS



WHOLE PIZZA

720 cal, 24g pro, 66g carb, 6g fiber, 40g fat

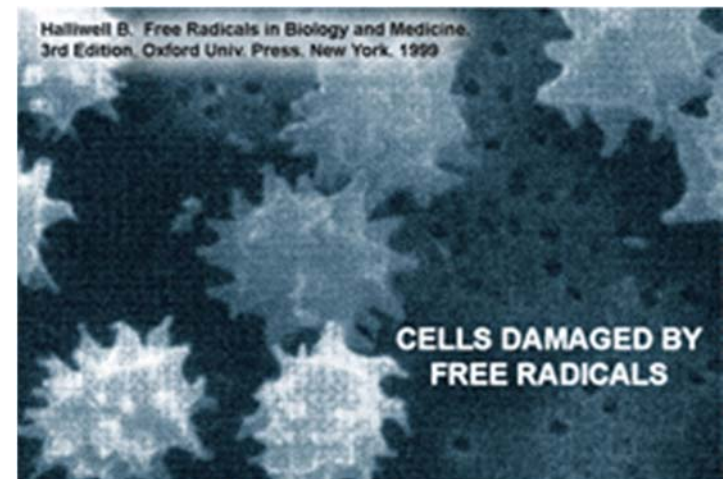
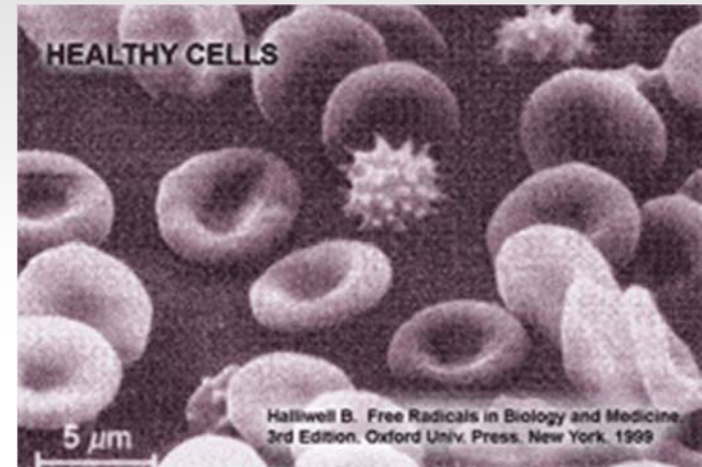
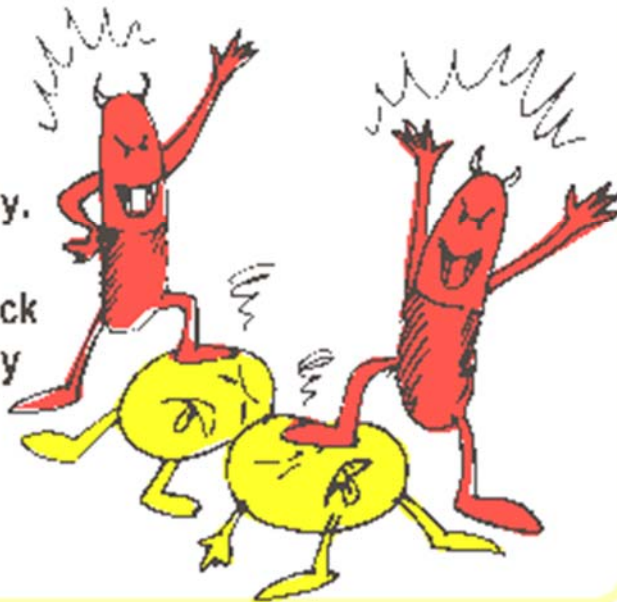
**176**  
**ingredients!**

Flour Enriched ( Wheat Flour , Niacin Vitamin B3 , Ferrous Sulfate , Thiamine Mononitrate Vitamin B1 , Riboflavin Vitamin B2 [ Vitamin B12 ] , Folic Acid Vitamin B9 ) , Water, Tomatoes ( Water , Tomatoes Paste ) , Cheese Mozzarella Substitute ( Water , **Soybeans Oil Partially Hydrogenated** , Casein , Potatoes Starch , Wheat Gluten Vital , **Sodium Aluminum Phosphate** , Salt , Potassium Chloride , Citric Acid , Potassium Sorbate , **Preservative** , Sodium Citrate , Sodium Phosphate , **Titanium Dioxide** [ Colors Artificial ] ) , Maltodextrin , Magnesium Oxide , Zinc Oxide , Vitamin A Palmitate , Riboflavin Vitamin B2 ( Vitamin B12 ) , Pepperoni ( Pork , Beef , Salt , Water , Dextrose , Lactic Acid Starter Culture , Oleoresin of Paprika , Sodium Nitrate Nitrite , BHA , Beef Stock , BHT , Citric Acid , Garlic Powder , Flavors Natural Smoke , Spices , Flavors Natural ) , **Soybeans Oil Partially Hydrogenated** , Cheese Mozzarella Non fat Rehydrated Pasteurized Process ( Water , Milk Non Fat , Cheese Cultures , Salt , Enzymes , Citric Acid , Vitamin A Palmitate , Pyridoxine Vitamin B6 , Sodium Aluminum Phosphate , Sodium Citrate , Sodium Phosphate ) , Sugar , Corn Starch Modified , Salt , Yeast Dry , Soy Flour , Cheese Modified Rehydrated Enzyme ( Water , Milk , Cheese Cultures , Salt , Enzymes ) , Flavors Natural , Dextrose , Monocalcium Phosphate , Spices , Baking Soda , Beets Powder , Xanthan Gum , Peppers Red , **Sorbitan Monostearate**

# INFLAMMATION

## What are **Free radicals** ?

- Free radicals are like robbers which are deficient in energy.
- Free radicals attack and snatch energy from the other cells to satisfy themselves.



# INFLAMMATION



# HARMFUL FOODS

Promote Inflammation  
Slow Recovery  
Increase Body Fat



# PERFORMANCE FOODS

Protect Cells  
Promote Recovery  
Boost Immune System



# QUALITY IS KEY



3 Finger Combo (no drink)  
970 cal, 29g pro, 108g carb, 1g fiber, 53g fat



6 slc roast beef  
2 scoop peas  
4 c snap peas  
2 cup grapes

950 cal, 80g pro, 110g carb, 13g fiber, 15g fat

# Does it *REALLY* matter what I eat?

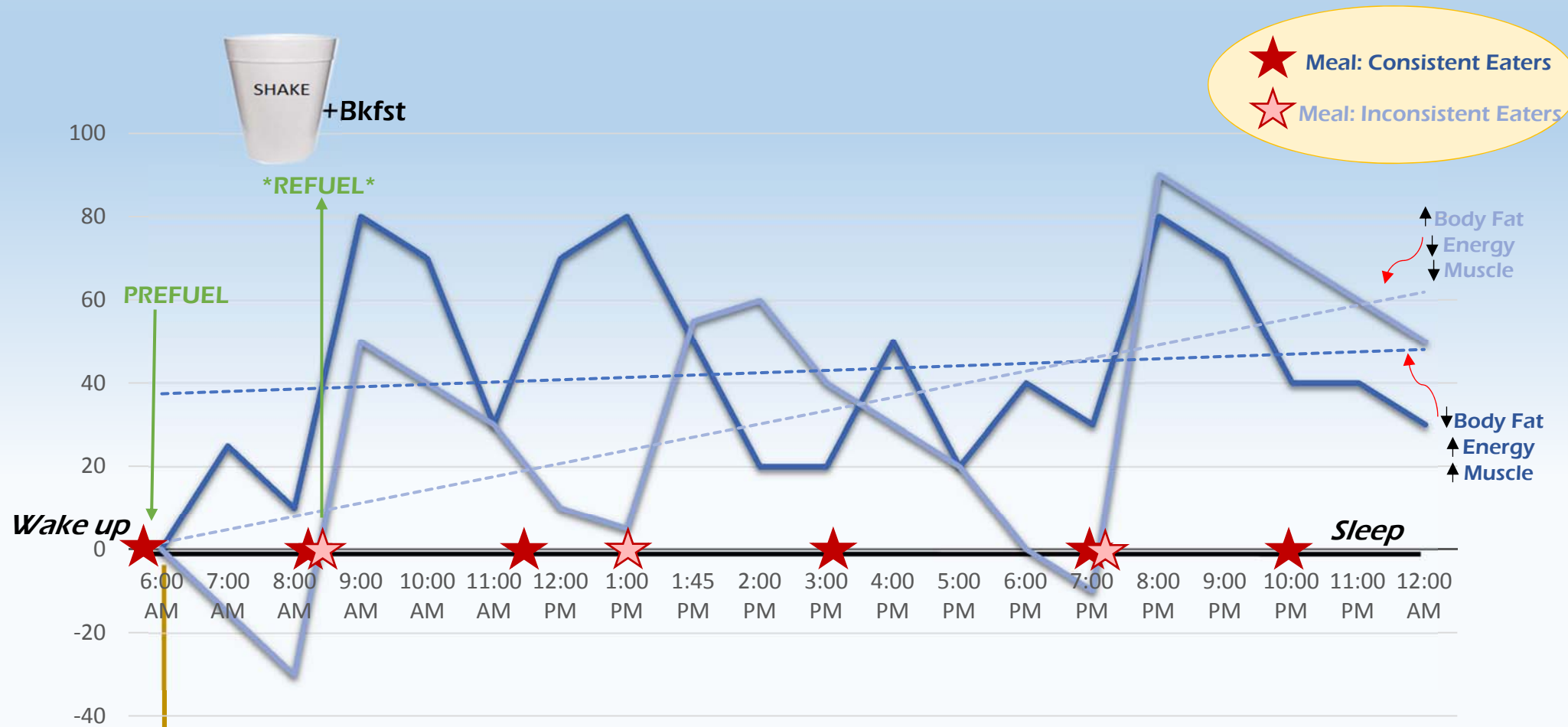
## AFFECTS:

- Muscle recovery & gains
- Concentration levels
- Overall energy levels
- Nutrient needs
- Weight of food does NOT contribute to bodyweight

# THE BASICS

1. Meet energy needs ✓
2. Quality ✓
3. **CONSISTENCY / FREQUENCY**
  - Aka don't skip meals
  - Frequency is important for muscle building and maintenance...
  - **PROTEIN THROUGHOUT THE DAY**

# CONSISTENCY is



**Protein with EVERY snack = faster muscle growth/repair**

- |                    |              |
|--------------------|--------------|
| Glass of milk      | Yogurt       |
| 2 string cheese    | Deli Meat    |
| Promax or Clif Bar | Cheese       |
| Beef Jerky         | Whey Protein |

# **BULK of calories need to be consumed by mid-afternoon**

## TYPICAL WRESTLER DIET

B-FAST: nothing or granola bar

LUNCH: sandwich...maybe

AFTERNOON: nothing

DINNER: 3 plates of food (easily 1500-2000 calories)

## IDEAL WRESTLER DIET

B-FAST: bowl of cereal (no kid cereals) + greek yogurt

LUNCH: sandwich, apple, milk, whole-grain goldfish

AFTERNOON: PB&J or trail mix bar before practice

AFTER PRACTICE: choco milk

DINNER: 1 plate of food – mostly veggies & protein

# BREAKFAST: 500-900 calories

- 1 bagel with 2 Tbsp cream cheese plus 1 Greek yogurt
- Peanut butter & banana wrap plus fruit and milk
- 2 bowls ADULT cereal (mix granola or grapenuts into cereal for extra calories)
  - ADULT CEREAL: 1-2g fiber per serving, less than 10g sugar/serving
- Oatmeal with brown sugar, big handful trail mix, glass of juice
- Oatmeal, greek yogurt, banana, juice
- Roll up a tortilla with scrambled eggs and salsa
- 2 clif bars, banana, milk or juice box
- 2 eggs, avocado, 2 slices toast, milk or yogurt, juice

Eating more during the morning & day will lead to higher energy at practice, stronger bodies, and leaning out.

**\*Bonus\*** – better able to concentrate in class and improved sleep

# THE BASICS

1. Meet energy needs ✓
2. Quality ✓
3. Consistency ✓ & **TIMING**
  - **Fuel body around training**

# PRE WORKOUT FUELING

Timeline: Within 15-60 minutes before training

## 1) Protein

- 8-15g of Protein
- Greek yogurt, string cheese

## 2) Carbohydrate

- 15-45g
- Top off energy stores
- Granola bars, PB&J, fruit cup/applesauce

## 3) Fluids

## 4) Electrolytes

### Easy to pack snack:

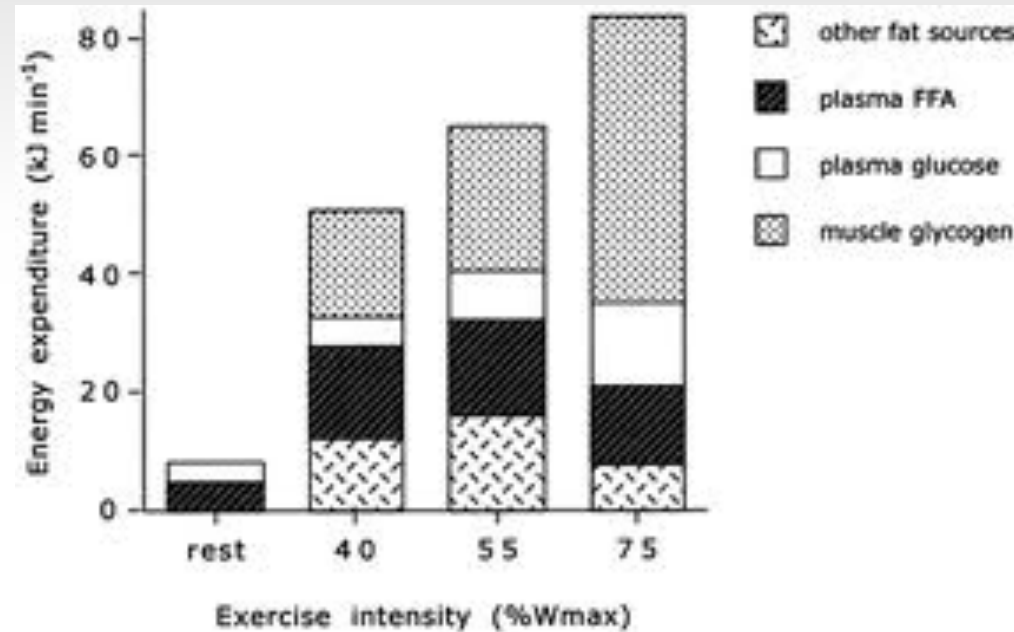
PB&J, applesauce cups, Clif bars, Whole-grain goldfish & raisins, pudding cup & banana, cereal w/ nuts & craisins mix



## WRESTLING

Wt.	MET	Energy USED in 1-hr Training	MET	Energy USED in 1-hr Training
125	6	358	8	477
130	6	372	8	496
135	6	387	8	515
140	6	401	8	535
145	6	415	8	554
150	6	430	8	573
155	6	444	8	592
160	6	458	8	611
165	6	473	8	630
170	6	487	8	649
175	6	501	8	668
180	6	515	8	687
185	6	530	8	706
190	6	544	8	725
195	6	558	8	745
200	6	573	8	764
205	6	587	8	783
240	6	687	8	916
250	6	716	8	955

# TRAINING OR.....????



Types of energy sources used during different intensities of training

# RECOVERY



Something to think about...

“Consuming carbohydrate and protein during the early phases of recovery has been shown to positively affect subsequent exercise performance and could be of specific benefit for athletes involved in multiple training or competition sessions on the same or consecutive days.”

*2010. Burke et al. Nutritional Strategies to Promote Post-Exercise Recovery.*

Basically, **EAT WITHIN 30-45 MINUTES** of finishing training.

## RESEARCH SHOWS....

Muscle tissue best recovers with small amounts of protein spread throughout the day. For best muscle recovery, have up to 30g (~4 oz.) lean protein with each meal, 10-20g with each snack (1-3oz.), and 15-20g (16-oz skim or chocolate milk) right after running/strength training.

# POST WORKOUT FUELING

Timeline: Within 20-45 minutes after training!

## 1) Protein

- 15-20g of Protein
- Chocolate Milk, Milk
- EAT ALL THRU DAY

– Maximize muscle recovery or protein synthesis

## 2) Carbohydrate

- 30-60g
- Delayed feeding can reduce glycogen restoration by 47%

– Maximize restoration of glycogen stores (carbohydrate stores)

– Restore immune suppression

## 3) Fluids





**fueling BEFORE, DURING  
AFTER, is KEY for training  
gains**

# THE BASICS

1. Meet energy needs ✓
2. Quality ✓
3. Timing & Consistency ✓
4. HYDRATION

# HYDRATION

## SWEAT SCIENCE



- **Athletes lose up to 9x more SODIUM than potassium in sweat**
- Gatorade or Water??

>90 min practice OR heavy sweater



60-90 min or shorter practice



# HYDRATION

## SWEAT SCIENCE

**Gatorade is good for during training...NOT to drink casually with meals or snacks or otherwise**

# HYDRATION

- **Dehydration WILL ALWAYS hinder your performance**

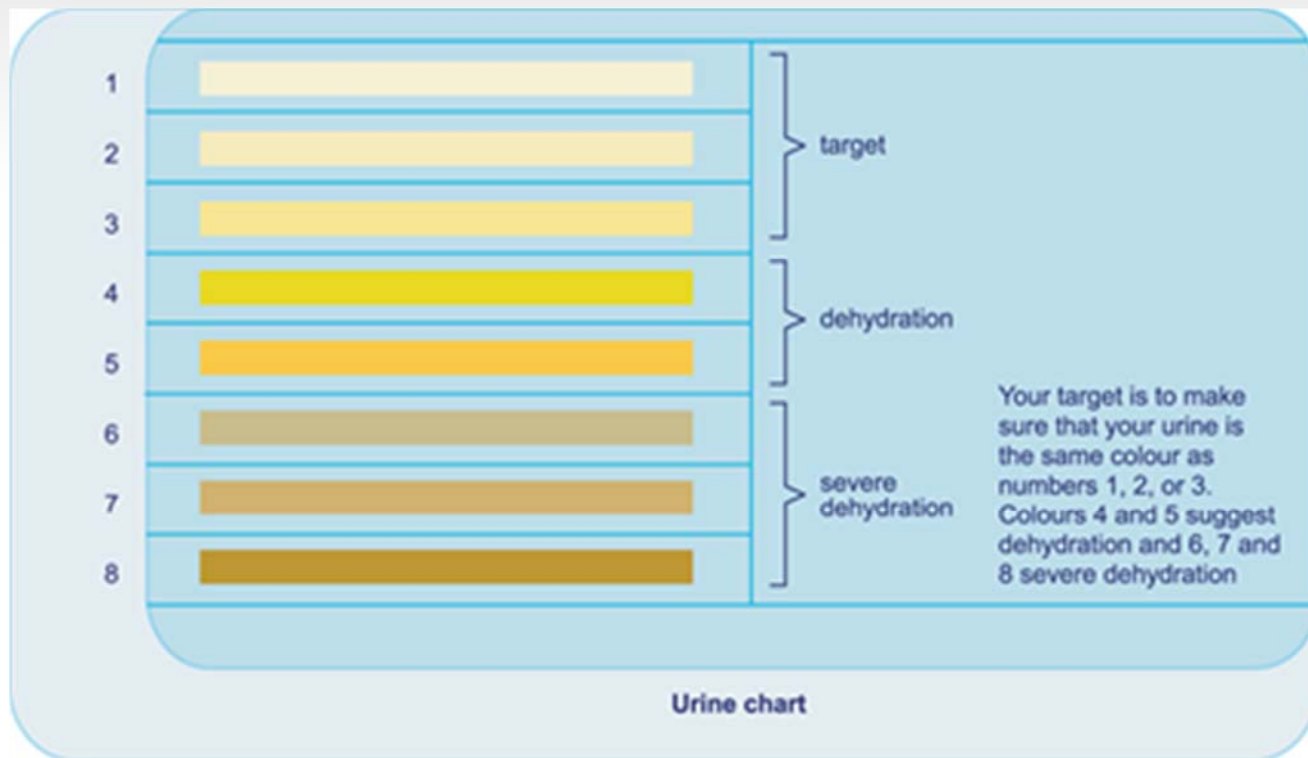
- ✓ Fatigue
- ✓ Dry/cotton mouth'
- ✓ Training feels harder than it should
- ✓ Dizziness
- ✓ Nauseous
- ✓ Shaking
- ✓ Inability to focus
- ✓ No appetite
- ✓ Overall decrease in performance and skills
- ✓ Muscle cramps



**Research shows that good hydrators will practice at higher intensities, be more focused, and have improved performance compared to non-hydrators.**

# #checkyourpee

If urine is a 4 or higher 1.5-hours before activity (color below), you are dehydrated.



Drink enough  $\frac{1}{2}$  BDWT in oz daily.

**urine** is a **light lemonade color.**

After Training: drink 20-oz. fluid for every 1-lb lost during training

# THE BASICS

1. Meet energy needs ✓
2. Quality ✓
3. Timing & Consistency ✓
4. Hydration ✓

## 5. SUPPLEMENTS

- Food first

# SUPPLEMENTS

- ✓ FOOD is always the FOUNDATION
- ✓ SUPPLEMENTS compliment a SOLID foundation
- ✓ Not regulated by FDA
- ✓ Companies can make claims without any scientific proof
- ✓ DON'T BE FOOLED by MLM companies

Look for this logo on products signifying testing by NSF.



Below is a list of supplements based on peer-reviewed, clinical research, and their effectiveness. Great resource for supplement research:

<http://www.ausport.gov.au/ais/nutrition/supplements>

## **\*STRONGLY SUPPORTED**

Fish Oil  
Vitamin D  
Caffeine  
Creatine  
Whey Protein  
Beta-alanine  
BCAA's

## **SOMEWHAT SUPPORTED**

MCT's  
Glucosamine Chondroitin

## **LIMITED OR NO SUPPORT**

HMB  
Glutamine  
Arginine  
CLA  
ZMA  
Ginseng  
Gingko Biloba  
Carnitine  
Chromium Picolinate  
Oxygenated Waters  
Super Juices (Mona Vie, Euro)  
Weight Loss:  
Appetite Suppressors  
Stimulants (excluding caffeine)  
Malabsorptive supplements

## **POTENTIALLY DANGEROUS**

**\*\*This list is NOT all-inclusive\*\***

Androstenedione  
19-norandrostenediol  
Ephedra  
Strychnine  
Methylhexaneamine (*Jack3d*)  
Tribulus Terrestris or other herbal testosterone boosters

# WRESTLING specifics

## 1. WEIGHT LOSS

- Avoid extremes
  - Too much too fast =

Table 8: Problems Associated With Rapid and Chronic Weight Loss

Problems Associated with Rapid and Chronic Weight Loss	
Plasma Volume loss and susceptibility to heat illness	Dehydration can result in a large drop in plasma volume (Rankin, 2006). Reduced plasma volume results in a decrease in the amount of blood pumped out by the heart – resulting in the heart having to raise its game and work harder in an attempt to maintain the blood supply to the working muscles
Inability to maintain or develop lean tissue	It becomes increasingly difficult to maintain lean tissue with dramatic weight loss (Rankin, 2006).
Reduced Metabolic Rate	Prolonged weight cycling can reduce metabolic rate making weight loss more difficult. The knock on effect is that further attempts at weight loss will be increasingly difficult since more restriction in energy intake will be required to cause a negative energy balance (Rankin, 2006).
Poor cognitive functioning	Rapid weight loss can have a negative impact on cognitive functioning including increased RPE (rating of perceived exertion) (Rankin, 2006)
Compromised nutritional status	Our bodies can handle brief periods of dieting without a negative impact on nutritional status but prolonged and repeated dieting may cause problems (Rankin, 2006)

Problems Associated with Rapid and Chronic Weight Loss	
Performance deficits	There are potential problems maintaining muscular strength during periods of energy restriction and dehydration. Excessive mineral loss (sodium, potassium and magnesium) can also result in an increased risk of muscle cramps and spasms (Rankin, 2006).
Menstrual and endocrine disturbance	Loss of bodyweight and fat may produce menstrual disturbances, reductions in testosterone and prolactin levels.
Compromised Immune Function	A lack of balance in the diet may have a negative impact on immunity. I can certainly vouch for this one – Alwyn and I were arguably at the peak of our physical fitness when we were competing but we were very susceptible to colds and coughs etc. – I think that I had a permanently blocked nose between 1992 and 1997!
Disordered eating patterns	Energy restriction may increase the risk of disordered eating patterns. Making weight is tough and the dietary habits required to make the weight are not normal and probably explains why I'm now a he fan of all foods that are sweet and Alwyn will devour anything that is savoury. Don't leave me and Al in a room with a table full of sweet and savoury food – it will get eaten and this probably has its foundation in the fact that for years our favourite foods were also the foods that we couldn't eat whilst making weight.

# WRESTLING

GOAL: 5-8% of weight class HYDRATED

		WEIGHT PERCENTAGE			
		3%	5%	8%	10%
W E I G H T  C L A S S	106	109	111	114	117
	113	116	119	122	124
	120	124	126	130	132
	126	130	132	136	139
	132	136	139	143	145
	138	142	145	149	152
	145	149	152	157	160
	152	157	160	164	167
	160	165	168	173	176
	170	175	179	184	187
	182	187	191	197	200
	195	201	205	211	215
	220	227	231	238	242
	285	294	299	308	314

The MORE hydrated you are, the MORE you sweat

# FACT

## A USOC Retrospective Study Revealed:

of all USA medals - judo, tai-kwon-do, & wrestling at the last Olympics...

- Anyone who won a medal maintained bodyweight control over the long-term
- Always within 1-2 lbs day before or they were underweight at weigh-in
- Most only cut 1-2 lbs

# Inside Bodyweight

Fast weight loss =

- fast regain....why?
  - Initially only lost water & glycogen
  - slowed metabolism
- regain muscle or fat?

Your weight plateaus, you decrease calories, you don't lose weight...why?

# Inside Bodyweight

“Athletes who aggressively diet for a competitive season and rapidly regain weight may find it more challenging to achieve optimal body composition in following seasons.” *J of Int Soc of Sport Nutr.*

**“post-starvation obesity”** – because metabolism hasn’t caught back up to your normal eating.

# WRESTLING NUTRITION

GOAL: 5-8% of weight class HYDRATED

WEIGHT PERCENTAGE					
W E I G H T  C L A S S		3%	5%	8%	10%
	106	109	111	114	117
	113	116	119	122	124
	120	124	126	130	132
	126	130	132	136	139
	132	136	139	143	145
	138	142	145	149	152
	145	149	152	157	160
	152	157	160	164	167
	160	165	168	173	176
	170	175	179	184	187
	182	187	191	197	200
	195	201	205	211	215
	220	227	231	238	242
285	294	299	308	314	

# Inside Bodyweight

Instead of crash dieting, what should you do?

If you have/are trying to lose and doing it rapidly, instead start slowly feeding your body to recover metabolism.

# WEIGHT GAIN

No more than 1% of your bodyweight per week gained

Why??

## HOW

- Focus on calorie dense foods
  - whole milk, trail mix, bagels, cheese, 100% juice, chocolate milk, guacamole, PB&J before bed with milk
- Eat often
- Eat breakfast – not just cereal
- Have a snack before bed

# WEIGHT LOSS

No more than 1% of your bodyweight per week lost

Why??

## HOW

- Recognize if eating for boredom or hunger
- Skip the junk
  - No concession stand trips
- Eat more fruits & veggies
- Eat no later than 1 hour before bed OR “fast” for 12+ hours at night

# IN-SEASON WEIGHT MAKING

## WATER/HYDRATION

- DO NOT START CUTTING WATER TOO EARLY!!!

If you do...

- Body will upregulate anti-diuretic hormone due to dehydration... If dehydrate too early in the week, your body will hang on to water instead of lose it

# IN-SEASON WEIGHT MAKING

## 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 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 2% 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

## WRESTLING Competition Week Nutrition

	Monday	Tuesday	Wednesday (Carb Taper)	Thursday	Friday	Saturday	Sunday
			2 days out from competition	1 day out from competition	Duel Day	Day After Competition	Duel Day
Breakfast	normal meal plan	normal meal plan	normal meal plan	Liquid Diet	See Below	normal bkfst	See Below
Lunch	normal meal plan	normal meal plan	Depending on weight, can carb taper	Liquid Diet		liquid	
Dinner	normal meal plan	normal meal plan		Liquid Diet	normal meal plan	liquid	normal meal plan. Can cheat a little. Don't overdo it - a <b>LARGE</b> cheat meal will set you back days

### Underweight Day Before/Duel Day Meals

#### Day Before:

normal breakfast & lunch, dinner can be liquid diet if just at weight  
 Breakfast & lunch: no fatty foods, no pop, avoid vegetables at lunch to keep residue low in gut. VERY important to keep calories normal this day

#### 1:00p weigh-in

Breakfast 7 or 8a: smoothie\* or protein shake\* + toast w/peanut butter or egg or banana

If still underweight before weigh-in, drink a protein shake ~12p

After weigh-in: follow competition nutrition chart

#### 6:00p weigh-in

Breakfast 7 or 8a: smoothie or protein shake + toast w/peanut butter or eggs

Lunch 5-6 hrs before weigh-in: Smoothie + sandwich (lean meat only - ham, turkey, roast beef; sliced bread only - no hoagies)

4:00p underweight: 1/2 PB&J plus 1/2 or whole ensure shake

After weigh-in: follow competition nutrition chart

### Overweight Day Before/Duel Day Meals

#### Day Before:

Breakfast: smoothie\* plus eggs or greek yogurt

Lunch: protein shake\*

Dinner: protein shake or smoothie + chicken breast

#### 1:00p weigh-in

Morning: Smoothie or protein shake

After morning drill, depending on weight: 1/2 ensure shake or 2 spoonfuls peanut butter

After weigh-in: follow competition nutrition chart

#### 6:00p weigh-in

Breakfast: smoothie or protein shake with 1 egg

Lunch 5-6 hrs before weigh-in: liquid diet option only. Can add chicken breast if only over by 1 lb

after drill: 2 spoonfuls peanut butter or small handful of dried fruit

After weigh-in: follow competition nutrition chart

# IN-SEASON WEIGHT MAKING

## AFTER WEIGH-IN

- Eat foods easy on the gut to avoid diarrhea or vomiting
  - White bread w/small amount pbutter & jelly
  - Honeystinger bars
  - Gels
  - Gatorade Chews or Fruit Snacks
  - Bananas, raisins, craisins, applesauce packs
  - Ensure shakes
  - Pudding Cups

# NEBRASKA WRESTLING COMPETITION NUTRITION

Timing	Guidelines PRE-match	125-141 lb	149-165 lb	174+ lb
1-hour prior	Carbs = 0.8g/kg Pro = 5-10g Fat = <5g	Carbs: 45-51g <b>Foods: Choose 1</b> - Small Shake* - Gatorade Bar - Stinger Bar, 1 FRUIT - 1/2 bagel w/small spread PB&J	Carbs: 54-60g <b>Foods: Choose 1</b> - Clif/Gatorade Bar, 1 FRUIT - Small Shake*, 1 FRUIT - Big Shake** - 1/2 bagel w/small spread PB&J + 1 Small Shake*	Carbs: 63-72g <b>Foods: Choose 1</b> - Big Shake** + 1 FRUIT - Clif/Gatorade Bar + Small Shake* - Small Shake* + 1 bagel w/PB&J
	<b>Fluids</b> Post weigh-in = 8-oz per lb lost in cut Tournament = min. 3-4 mls/kg	<b>Fluids:</b> - 16-24-oz. sports drink with Gatorlytes	<b>Fluids:</b> - 25-40-oz. sports drink with Gatorlytes	<b>Fluids:</b> - 32-62-oz. sports drink with Gatorlytes
1.5 hours prior	Carbs = 1g/kg Pro = 10-15g Fat = <5g	Carbs: 57-64g <b>Foods: Choose 1</b> - 1/2 bagel w/small spread PB&J + 1 Small Shake* - Small Shake*, 1 FRUIT - Big Shake** - Stinger bar + Small Shake*  - Stinger bar + 2 FRUIT	Carbs: 68-75g <b>Foods: Choose 1</b> - Big Shake** + 1 FRUIT - Clif/Gatorade Bar + Small Shake* - Small Shake* + 1 bagel w/PB&J	Carbs: 79-90g <b>Foods: Choose 1</b> - Big Shake** + 1 bagel w/PB&J - Clif/Gatorade Bar + Small Shake* + 1 FRUIT - Small Shake* + 1 bagel w/PB&J + 1 FRUIT
	<b>Fluids</b> Post weigh-in = 8-oz per lb lost in cut  Tournament = min. 3-4 mls/kg (240ml=8-oz)	<b>Fluids:</b> - 16-34-oz. sports drink with Gatorlytes	<b>Fluids:</b> - 30-50-oz. sports drink/water with Gatorlytes	<b>Fluids:</b> - 40-75-oz. sports drink/water with Gatorlytes
<b>RECOVERY</b>				
20-min post-match	Recovery Snack	- Small Shake*	- Small Shake*	- Big Shake** - 2 Small Shakes*
<b>MEAL AFTER</b>				
	Meal	- Well-balanced Meal: keep portion sizes appropriate. Meal should mimic meal plan meal. - NO BUFFETS - NO bingeing - Eat til just satisfied	- Well-balanced Meal: keep portion sizes appropriate. Meal should mimic meal plan meal. - NO BUFFETS - NO bingeing - Eat til just satisfied	Well-balanced Meal: keep portion sizes appropriate. Meal should mimic meal plan meal. - NO BUFFETS - NO bingeing - Eat til just satisfied

1 FRUIT = 1 banana, 1 c. grapes, 1 fruit cup, or 1 applesauce

\*Small Shake = Gatorade Recover, Muscle Milk Collegiate, Ensure Original, Ensure Active, Carnation ready-to-drink

\*\*Big Shake = Gatorade Prime, Ensure Plus

Remember - These suggestions are the minimal to help your body digest the energy and rehydrate while lessing the stress on your gut.



# WEEKENDS OR END OF WEEK

Hungrier than during the week?

Come back Heavier on Monday?

- Eat consistently during the week – don't skip meals to try to lose weight. WILL BACKFIRE
- Get recovery drink in after practice

# QUESTIONS