

Elyria Wrestling Diets

11/05/02

Guys, I have put together a list of foods that are good for consumption during the wrestling season. If you are contemplating a weight loss you need to start early. You do not want to be losing weight in a hurry. Not only is this completely unhealthy and detrimental toward your performance, it is also unacceptable.

Foods and schedules I used for weight management:

Dinner:

Pasta
Chicken
Turkey
Fish
Soups (low sodium)
Rice-No gravy
Baked Potato
Salads-low fat dressing
All Vegetables-especially green ones

Lunch

Same as above

You need to consume plenty of water during lunch, especially early in the week. Go easy on sandwiches-bread OK in small amounts. One sandwich not bad, stay away from Hogies and Subs, unless they are chicken or turkey. Also, stay away from mayo and other fattening condiments.

Breakfast

Very important meal. Fruits are good for breakfast **and** for snacking. Cereals are good—stay away from junk cereals. (Usually cereals with cartoon characters on the front of the box are bad.) Pancakes and French Toast are decent when eaten in moderation. Syrups can be bad, however there are some low-fat syrups out there. Bagels are OK-No cream cheese. Try to eat one bagel instead of many.

Absolutely NO:

Alcohol
Soda (pop)
Donuts-(maybe on special occasion) or Bacon
Peanuts-or any kind of nuts. These are very high in fat content.

Cake, Cookies, Pastries.

Generally speaking, read labels. Most package labels will inform you of fat and sodium content. Be careful, some low-fat foods have large sodium content. This improves the taste. Anything with 3 grams of fat or less is good. You have to also be careful when reading labels. Some packages will contain more than one serving. The label may read "3 grams of fat PER SERVING". If you eat the entire package and the package contains 4 servings, then you have just taken in 12 grams of fat. I know that's a bit technical, but it's still good to know.

If you have weigh ins on Friday, you need to start on the prior Saturday if you are to manage your weight wisely.

Mon:

Breakfast: Bagel or toast, Fruit, Egg (egg whites may be a little better, but I don't get too particular.

Orange Juice: 1 10 oz. Glass.

Water: 1 8 oz. Glass

Lunch: Turkey or Chicken sandwich-DRY is best.

1 Glass 16 Oz. Water.

Salad

Rice

(This meal weighs approx. 1 1/2 lb., and a pound of it is water.)

Dinner: Try to eat before 8:00 p.m.

Chicken, Turkey, or Fish (no tarter sauce)

Baked potato

Salad

16 oz. Water.

Have another glass later if you wish-maybe 8 oz. Instead.

Tues.

Breakfast: Bagel or toast and cereal.

10 oz. Water

8 oz. Orange juice.

Lunch: Sandwich (turkey or chicken)

Salad

Pasta or rice or baked potato.

16 oz. Water.

Dinner: Protein of some sort. Poultry and fish always good.

Salad

Vegetable

16 oz. Water

Wed.

Breakfast: Bagel or Toast. Yogurt.

6 oz. Orange juice

8 oz. Water.

Lunch: Sandwich OR rice

Salad

16 oz. Water

Dinner: Protein

Vegetable

Rice

Thurs.

Breakfast: Bagel or Toast

10 oz. Water

Lunch:

Rice

Salad

16 Oz. Water

Dinner:

Pasta, rice, or baked potato

Soup

8 oz. Water

Fri. Tough day depending on your weight.

If you are less than a pound over,

You can have a bagel for breakfast and a small glass of water.

Try and check your weight before lunch. You should still be roughly a pound over. Have a salad and 8 oz. Of water. If you come in after school at 1-11/2 pound over we can work that off.

If you wake up more than a pound over you may have a tough day ahead of you. Drink just enough to get through the day and be prepared to work a little after school.

A few keys:

Salads: Vinegar and oil the best "dressing".

People's bodies differ. Know your body and gauge your metabolism. People "drift" weight at night and during the day. Drifting simply means you will lose weight by doing nothing. Your metabolism rate will determine how much you drift. You need to track this by checking your weight 1. when you wake up, 2. before practice, 3. after practice, and 4. before you go to bed. If you do not have a scale at home make sure you check at practice.

This is a SAMPLE MENU. You may substitute one kind of protein for another.
The same holds true for carbohydrates.

Proteins: Chicken, fish, turkey.

Carbohydrates: Pasta, rice, baked potato

Vegetables: The green ones are the best.

These are the foods I used for weight management. Obviously I am old and retired,
however, I still try to eat wisely even now. If you eat wisely you will not only increase
your chances for success, you will also live a healthier life.

Any questions-talk to me.

Coach Burnett