

Sample of Daily Food Plans for Teen Wrestlers

Completed By A. LeBarron, MS, RD, LD, April 2016

106#: 1800- 2000 Calories	145#: 2600- 2700 Calories	220#: 3300-3500 Calories
<p>Breakfast 8 oz. 1% milk ½ bagel 2 TBS Peanut butter 1 banana</p> <p>Snack: 8 oz. yogurt</p> <p>Lunch Chicken Breast Sandwich Bag of pretzels ½ cup of carrots 8 oz. Chocolate Milk</p> <p>Snack before Practice: Large granola bar, orange slices</p> <p>Dinner: 4 oz. lean beef, soft taco, lettuce, tomato, ½ cup cheddar cheese, 1 TBS sour cream 8 oz. Chocolate Milk</p> <p>Water throughout day.</p> <p>Snacks at night: popcorn, veggies, grapes</p>	<p>Breakfast 3 frozen waffles 2 TBS syrup 8 oz. 1% milk 2 eggs, scrambled</p> <p>Snack: 2 slices wheat toast, dry</p> <p>Lunch: Turkey Breast Sandwich w/lettuce, tomato, spicy mustard, 2 fruits like apple and pear, 1 bag popcorn, 8 oz. Chocolate Milk</p> <p>Snack before practice: 8 oz Gatorade, 1 banana or 8 crackers</p> <p>Dinner: 6 oz. salmon, 2 cups rice, 1 cup broccoli, tossed salad w/ croutons & 2 TBS dressing, 8 oz. Chocolate Milk</p> <p>Water throughout the day.</p> <p>Snacks at night: pudding, veggies, grapefruit</p>	<p>Breakfast: 2 scrambled eggs, 8 oz. OJ, 2 slices dry wheat toast, 8 oz. 2% Milk</p> <p>Snack: 1 apple, ½ cup jello</p> <p>Lunch: 3 oz. lean ham sandwich on bagel, 1 oz. cheese lettuce, tomato, 8 oz. Chocolate Milk, 2 clementines</p> <p>Snack before practice: 3 Fig Newtons, 8 oz. Gatorade</p> <p>Dinner: Spaghetti: about 3 cups cooked pasta, 4 meatballs, tomato sauce, 2 cups steamed green beans, 2 slices french bread, 1 TBS butter, 8oz. Chocolate Milk</p> <p>Water throughout day.</p> <p>Snack at night: frozen yogurt, pudding, cereal</p>

Proper Nutrition Before & After High School Wrestling Match or Practice

Completed by: A. LeBarron, MS, RD, LDN, April 2016

Before

- Males aged 16 & younger should be at least 7% body fat, older males at least 5% and females 12%.
- Never try to lose more than 2-3# of weight/week to minimize muscle tissue loss.
- Calorie needs depend on body size.
- Dangerous weight loss: “sweating it out” or fasting leads to dehydration which will negatively affect athletic performance.
- Healthy ways to manage weight: Consume .6-.9 grams of protein/lb. per day. Example: 160# wrestler needs about 128 grams/day.
- 20 grams max after performance is ideal.
- Schedule eating, never skip meals.
- Balance food groups.
- Trim away fat: fries & chips are not good for wrestlers, try baked potato, sweet potatoes or rice instead.
- Tackle treats: avoid foods like soda, candy, teas, juices.
- Eat smart snacks: Let them add to your meal, not take the place of a well-rounded meal. Good choices include Greek yogurt, whole grain cereal, raw veggies & cheese, 20 gram protein bar.
- Watch food serving sizes: Have extra portions of the healthier foods: lean meats, vegetable and complex carb’s like rice and potatoes and limit desserts to one portion.

After

- Cool Down after match to prevent lactic acid build up...walk, stretch.
- Fuel up fast: your body needs about 20-50 grams of carbs after a hard match to get ready for next match. Sports drinks, 4 oz. of jelly beans, or 2 Fig Newtons work well.
- If more than 1.5 hrs. to next match, include protein after hard match like peanut butter, tuna, cheese, nuts to help repair muscles.
- Fill up your tank with fluids: Keep urine light in color like lemonade & keep urinating to keep kidneys working well.
- Salt is good: if you are a salt sweater, please consume sports drinks like Gatorade/Powerade only during athletic events. Keep teeth brushed when drinking these beverages. Other salted foods to avoid cramps include pickles, pretzels, crackers, and mustard packets.
- Healing: icing muscles or injuries or taking cold baths will help minimize inflammation.
- Sleep well: Research points to teens getting at least 8 hours of sleep can improve performance in the next day’s matches. Muscles heal and the brain is rested to think clearly.

High School Wrestling Match Day Nutrition Goals

Completed by Ann LeBarron, MS, RD, LDN, April 2016

- “Break your fast” with a high-powered morning meal to fuel your school day & practice session. Best choices: Cereal, 1% milk, fruit, eggs, ham, toast, yogurt, smoothies, peanut butter. Not eating breakfast promotes muscle breakdown and fatigue.
- Limit weight class changes during the season, especially down. Teens are growing and weight loss effects performance and promotes sickness. Stay focused on wrestling, technique, and strength, NOT weight.
- Drink fluids all day long and keep going to the bathroom to stay hydrated. The brain works best with carbohydrates and daily fluids help keep urine lemonade in color. Best drinks are water, Gatorade or PowerAde. NO energy drinks or sodas at all!
- Eat a meal, not fast food, after the last match. Meat + starch + vegetable + chocolate milk will fuel your muscles best.
- Sports drinks or light carbs right before a tough match give the wrestler energy to last the full 6 minute match & prepare for possible overtime to prevent exhaustion. Fig bars, bananas, raisins, or peanut butter & jelly sandwiches provide quick energy.
- REST well. Sound sleep (about 8-10 hours for growing teens) helps heal muscles and prevent infection for the next day's matches!

FLUID GOALS: FOR EVERY 1# LOST DURING PRACTICE OR GAMES, 16 oz. OF WATER OR SPORTS DRINK SHOULD BE CONSUMED FOR REHYDRATION.

Pounds Lost*	Suggested water or sports drink <i>extra</i>
1#	16 oz. (2 cups)
2#	32 oz. (4 cups)
3#	48 oz. (6 cups)
4#	64 oz. (8 cups)
5#	80 oz. (10 cups)

MAXIMUM WEIGHT LOSS BY WEIGHT FOR HIGH SCHOOL PRACTICES

Weight	3% body loss	5% body loss
80#	2#	4#
90#	2.5#	4.5#
100#	3 #	5#
120#	3.5#	6#
130#	4#	6.5#
150#	4.5#	7.5#
170#	5#	8.5#
190#	5.5#	9.5#
200#	6#	10#
220#	6.5#	11#
240#	7#	12#
250#	7.5#	12.5#
260#	8#	13#
280#	8.5#	14#

* Weight before and after practice without shoes and identical, dry clothing. Completed by A. LeBarron, MS, RD, LD, 4/2016

Best nutrition for high school female wrestlers. Hard work + healthy diet = success



Best sources of calcium: 1% chocolate milk, Greek yogurt, cottage cheese dark green vegetables like broccoli & kale.

Best sources of iron: lean beef, turkey, chicken, beans, tuna, wheat germ.

Best sources of carbohydrate: all fruits, sports drinks, mini bagels, fig and granola bars, etc.

Break-the-fast: morning meal is key for long school day with practice/match: options: scrambled eggs, yogurt w/ granola, sliced oranges OR banana with peanut butter, 1% milk.

- Facts: Teen girls are slowing in growth between age 14-18 and gaining healthy body fat.
- Teen Girls need 1200-1300 mg/calcium per day for optimal bone growth and strength.
- Iron is critical for energy and endurance: girls need 18 mg/day.
- Carbohydrates are essential for maximum energy especially in the last period of a match.
- Maintaining a regular cycle is essential for optimal health. Keep body fat at 12% or higher.
- If needed, lose weight slowly before the season focusing on cardio and healthy eating vs dieting. Packing lunch is best.
- Eating fuel of 20 grams of protein and a 20-40 gram carbohydrate food after a match or practice is ideal.
- Drink water all day long to keep urine color light like lemonade. If darker than apple juice, need more fluids.



MPSSAA Recommended Wrestling Hydration Goals for Certification

A. LeBarron, MS, RD, LDN, updated, 10/2015

Testing: For certification, we will check the specific gravity of your urine and take a skinfold measurement for percent body fat. In order to properly hydrate, please follow the guidelines below and maintain good hydration throughout the season.

Wrestlers who failed the test did the following:

- **Did not drink anything the day of the test or not enough water.**
- **Exercised the morning of the test.**
- **Ate big, heavy, and salty fast food meals the night before.**
- **Did not continue to urinate BEFORE the test.**

3-4 DAYS prior to certification:

- Drink water throughout the day and consume “wet” foods like oranges, grapes, peppers, etc. Sports drinks and sodas are NOT recommended for preparation of this test because of their salt content. Energy drinks are harmful to teens and should always be avoided.
- By increasing foods high in fiber (whole grain cereal, fruits, vegetables), your body will remove waste easier.
- Avoid fatty and salty foods like pizza, chips, crackers, burgers, fried foods, etc.
- Do not dehydrate and keep eating and drinking throughout the day.

1 DAY prior to certification:

- Continue drinking mostly water throughout the day noting lemonade-colored urine or lighter indicates good hydration. Avoid dark colored drinks like Coke.
- Eat smaller more frequent meals higher in fiber. Good examples are: turkey sandwich on wheat bread w/ lettuce, fruit w/ yogurt, salad w/ eggs, etc.
- AVOID fast foods and salty foods.
- Get to bed to get a good night sleep. Teens need 8-10 hours per night.

MORNING of certification:

- Sleep well and arrive on time.
- **Do not exercise before the test.** Your skinfold measurements will be higher.
- **NEVER DRINK MORE THAN 4 GLASSES OF WATER AT ONCE. CONTINUE TO URINATE THROUGHOUT THE MORNING.**
- Eat light: fruit, cereal, water is ideal. Avoid all sodas & energy drinks.
- Do not drink salty drinks this morning (sports & energy drinks, sodas). They may cause you to retain fluids for the test.
- Please be ready to urinate before the hydration test. We only need about a small amount for the test. Wear t-shirt, shorts and socks for skinfold testing, weight and height checks.

Smart Food Choices for Teen Athletes

Completed by Ann LeBarron, MS, RD, LDN, updated: July 2015

Choose This:



Water from the tap that is filtered may be better for teens with added fluoride for strong teeth. Best drinks for teens are water & low-fat milk.



Greek Yogurt has 14 gms.* of protein per 6 oz.* serving. Great for after practice to heal muscles.



At 90 calories and 4 gms. of fiber, this easy to carry apple is perfect for away matches.



12 oz. chocolate milk at 240 calories, 14 gms. of protein is perfect after practice to help replace lost electrolytes & heal muscles.



Easy to carry baby carrots provide healthy carbs, Vitamin A, and some liquid.



Homemade pizza on pita bread w/ veggies is excellent for a quick lunch.



At 150 calories, 2 bananas have 580 mg potassium, 4 gms. of fiber & are a perfect pre-game snack.



Homemade trail mixes are the ideal food Pre- and post-matches: try it with nuts, cereal, raisins, pretzels, chocolate, etc.

* Gms = grams, *carbs = carbohydrates * oz. = ounces

Avoid This:



Although no calories, flavored waters & "diet" drinks may cause one to crave unhealthy sugars the rest of the day.



Sports bars kept at 10-20 gms. of protein max can help an athlete in a bind, but real food is best.



Fruit roll-ups & snacks are really just candy with NO fiber & nutrients.



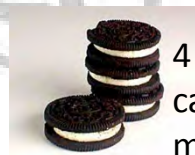
This drink has NO milk at all & although good for lactose intolerant athletes, just provides metallic tasting vitamins & is pricey. 14 oz. = 280 calories, 28 gms. protein.



Chips slow your body down & provide too much fat, not enough carbs.



Frozen pizza has excess salt, preservatives & some have fake vs. natural cheese.



4 cookies have 160 calories, 1 gm. of fiber & minimal nutrients.



Most candy bars have more than 300 calories & may cause an energy crash during & after matches.

Sports Nutrition for Teens

Completed by Ann LeBarron, MS, RD, LDN, updated: August 2015

• Do's

- Eat breakfast daily: a protein, carb & fruit is ideal like oatmeal/banana/milk.
- Pack a hearty lunch w/snack before practice.
- Include carbs at halftime: fruit/sports drink/fig bars.
- Come up with hydration schedule. 32 oz. before practice/game is ideal.
- Go to the bathroom during the school day.
- Consume 20 grams of protein w/ 100 grams of carbs after practice to heal muscles for next match. Chocolate milk or small tuna sandwich is ideal!
- Bring sports drink and water to practice.
- Wipe sweat from body.
- Drink **ONLY** water or milk during meals.
- Keep urine lemonade in color to indicate adequate hydration.



• Don'ts

- Drink any sodas, diet sodas or energy drinks during the season.
- Skip meals, but rather eat 4-6 meals/snacks per day.
- Over drink. Can determine that by weighing in and out before and after practice.
- Limit salt during practice/games.
- Use supplements without dietitian or doctor approval
- Consume sports bars with more than 20 grams of protein.
- Use dehydration to lose weight.
- Delay drinking during exercise.
- **Eat high fat or protein meals right before exercise.**
- Rely on the snack bars for refueling. Lean turkey subs, PB jelly sandwiches, pretzels, & fruits are all better than pizza, fries & candy for refueling.



Prevention of Cramps for High School Athletes

Completed by Ann LeBarron, MS, RD, LDN, updated, 10/2015

Prevention of leg cramps during competition starts days in advance. Tips:

- Stay on drinking schedule: about 20 oz. every 3-4 hrs. drinking regularly to thirst.
- Don't overdrink (gallons of water at a time is not recommended).
- Remove headgear, wipe off sweat, when outdoors stay in shade, if possible.
- Include salt in your diet via sources below.
- Gatorade/PowerAde is good DURING competition, but if severe, may need higher salt endurance formula, pickle juice, mustard packets.
- Avoid salt tablets: they provide no fluids & are too high in salt.
- Urinate frequently keeping color light like lemonade.
- Great pre-game meal 2 hrs. before game time: turkey sub w/ veggies, chicken noodle soup, sports drink/water, small fruit like apple/banana/berries.
- AVOID: all soda, energy drinks and coffee products.
- Chocolate milk after the game is ideal.

One cup of sweat from teen athlete may have as much as 700 mg. of sodium.