

Chattanooga Wrestling

Classroom Setting #1- Diet and Nutrition

PRESEASON GOALS

In the next 6 Weeks

- Cardiovascular endurance
- Body composition
 - Reduce body fat to get to optimal performance weight
 - Show Weight Certification Results

YOU ARE WHAT YOU EAT

More than just for wrestling, but a life lesson in living healthy

- Do NOT go on a diet, but rather make a lifestyle change
 - The better you eat, the better you feel
 - When you feel good, you can train at a higher level

SIMPLE DIET RULES

- Drink a large glass of water before every meal, no excuses
- Also, drink a large glass of water when you wake up in the morning to help digestive system metabolism
- Eat protein in every meal
- Berries and apples every day, more fiber = more satisfies
- 1 day a week = meatless day, more fruit and veggies
- Go to bed hungry, no food 3 hours before you sleep
- Plan 1 splurge meal (not day) per week – 80/20 rule

HOMEWORK

The next two weeks

- Write down every single thing you eat and drink, water included
- Note the item, time, and amount
 - Be specific as possible
- Keep a notepad with you at all times, do not count on your memory
- Or use your smart phone or iPad
 - It removes pressure of having to remember everything
 - The dullest pencil is sharper than the sharpest mind
- We will meet in two weeks to discuss the results
 - If you feel that you need extra help, see the coaching staff
- Hold yourself accountable
- Your diet and nutrition is just as important as the training

Chattanooga Wrestling

Some Food for Thought...

FOODS THAT SOUND HEALTHY BUT AREN'T (cookinglight.com/eating-smart)

- Prepared Salads
 - Don't assume that anything with the word "salad" in it must be healthy. Prepared tuna salads, chicken salads, and shrimp salads are often loaded with hidden fats and calories due to their high mayonnaise content. While a lot depends on portion size and ingredients, an over-stuffed tuna sandwich can contain as many as 700 calories and 40 grams of fat. If you're ordering out, opt for prepared salads made with low-fat mayonnaise, and keep the portion to about the size of a deck of cards. Better yet, make your own.
- "Energy" Bars
 - Energy bars are the perfect pre-workout snack, right? Not always. Many energy bars are filled with high fructose corn syrup, added sugar, and artery-clogging saturated fat. Plus, some bars (particularly meal replacement varieties) contain more than 350 calories each—a bit more than "snack size" for most people. It is a good idea to fuel up with a mix of high quality carbs and protein before an extended workout or hike. Choose wisely: one-quarter cup of trail mix, or 1.5 oz. of low-fat cheese and three to four small whole-grain crackers.
- Bran Muffins
 - Most bran muffins, even those sold at delis and coffee shops, are made with generally healthy ingredients. The problem is portion size. Many muffins sold in stores today dwarf the homemade muffins made a generation ago. A random sampling of some coffee and restaurant chain bran muffins showed that many topped 350 calories apiece, and that's before any butter or jam. The bran muffins at one popular chain bakery contain 600mg of sodium—roughly one-third of a day's maximum. Even a healthful food, if over-consumed, can be not-so-healthful. Enjoy your bran muffin, but just eat half, and save the rest for an afternoon snack.
- Smoothies
 - Even in most smoothie chains and coffee bars, smoothies start out pretty healthful. Most have a base of blended fruit and low-fat dairy. But disproportionately large serving sizes (the smallest is often 16 oz.) combined with added sugar, ice cream, or sherbet, can add up to a high-calorie treat. Some chains serve smoothies that contain up to 500 calories. A smoothie can be a great way to start the day or to refuel after a workout. Just remember to account for the calories you drink when considering what you've consumed in a day.

Chattanooga Wrestling

- Packaged Turkey
 - Turkey is an excellent source of lean protein and a good choice for a speedy lunch or dinner, but many packaged turkey slices are loaded with sodium. One 2-oz. serving of some brands contains nearly one-third of the maximum recommended daily sodium intake. So make sure you buy low-sodium varieties or opt for fresh turkey slices. If you can't roast your own, the best rule of thumb is to find a brand with less than 350 milligrams of sodium per 2-oz. serving.
- Foods Labeled "Fat-Free"
 - Fat-free does NOT mean calorie-free. Just because a food contains no fat, that doesn't make it a health food. (Think gummy bears.) Of course, there are many very healthful fat-free foods (like most fruits and vegetables), but always check the nutrition labels when buying packaged foods to be sure you're getting a nutritious product and not just one that's fat-free. Calories, sodium, fiber, and vitamins and minerals are all aspects you should consider in addition to fat.
- Restaurant Baked Potatoes
 - Sure, a baked potato in its natural state (that is, sans toppings) is a very healthful food. Potatoes are naturally rich in vitamin C, potassium, and fiber. Plus, a medium-sized baked potato contains only about 160 calories. But if you're eating out, don't assume that the baked potato is the healthiest choice on the menu. Many restaurant-style baked potatoes can come "fully loaded" with butter, sour cream, cheese, bacon bits, and other goodies that can add up to around 600 calories and 20-plus grams of fat. Ask for one that is plain and get one or two small-portioned toppings on the side. Or try making your own healthful baked potato meal at home.
- Sports Drinks
 - If you're going for a leisurely stroll or doing some light housework, skip the sports drinks. While most sports drinks do contain important electrolytes (like potassium and sodium) that are necessary for intense workouts or endurance training, you don't need a sports drink to fuel light activity. Many sports drinks contain 125 calories or more per 20-oz. bottle, so spare yourself the extra calories and opt for plain water or a calorie-free beverage to keep you hydrated.