

# **DIETARY INTAKE FOR WRESTLING**

## **DAILY**

- **NOT WATCHING WEIGHT:**  
EAT A LOT OF CARBOHYDRATES - RICE, BREADS, PASTAS, AND FRUITS. EAT PLENTY OF VEGETABLES. STAY AWAY FROM DAIRY PRODUCTS - CHEESE, NO EXCESSIVE AMOUNTS OF MILK, NOT MORE THAN 2 BIG GLASSES A DAY. DO NOT EAT RED MEATS. DAIRY PRODUCTS AND RED MEATS CLOG UP YOUR SYSTEM AND SLOW YOU DOWN PLUS ADD UNWANTED WEIGHT. EAT CHICKEN. NOT PORK...TOO MUCH SATURATED FAT. DO NOT EAT EXCESSIVE AMOUNTS OF ANYTHING. EAT SMART AND HEALTHY. TAKE VITAMINS.
- **WATCHING WEIGHT**  
EAT CARBOHYDRATES - EAT MORE FRUIT THAN ANYTHING ELSE. EAT CHICKEN IN SMALL AMOUNTS. DRINK WATER INSTEAD OF POWERAID OR GATORAID. THE SPORTS DRINKS WILL CAUSE YOU TO RETAIN WATER. TAKE VITAMINS. EAT ONLY SMALL PORTIONS DURING A MEAL, NO SECONDS, AND EAT 5 TO 6 TIMES A DAY - 2 MEALS AND 3 OR 4 SNACKS, EVEN IF IT'S AN APPLE OR SOME TYPE OF FRUIT; NOTHING HEAVY.

## **NIGHT BEFORE A TOURNAMENT**

- IF YOU ARE UNDER WEIGHT EAT A LOT OF PASTA. GET YOUR GAS TANK FULL FOR THE NEXT DAY. DRINK ONLY WATER. DON'T GORGE YOURSELF. BE SMART! THE RULES FROM ABOVE APPLY.
- IF YOU ARE CLOSE TO YOUR WEIGHT EAT A SMALL PORTION OF PASTA AND SUCK ON ICE CUBES.
- IF YOU ARE OVER WEIGHT --- RUN... NO FOOD... SUCK ON A COUPLE OF ICE CUBES WHEN YOU ARE THIRSTY.

## **DAY OF TOURNAMENT**

- **CHECK YOUR WEIGHT BEFORE YOU EAT OR DRINK ANYTHING!!!!**
  - IF YOU ARE UNDERWEIGHT GET ON THE SCALES HOLDING WHAT YOU INTEND TO EAT OR DRINK TO MAKE SURE YOU ARE NOT PUTTING YOURSELF OVER WEIGHT. NO SPORT BARS! EAT FRUIT OR PASTA. OK TO DRINK SPORTS DRINKS.
- **AFTER WEIGH INS**
  - IF YOU HAVE NOT BEEN EATING ANYTHING DRINK FRUIT JUICE AND EAT ONLY FRUIT. THE JUICE OFF OF CANNED PEACHES, PEARS, FRUIT NECTARS IS OK.
  - NOTHING CITRIC - ORANGES, LEMONS, GRAPEFRUIT, ETC.
  - EAT APPLES, CANNED PEACHES, PEARS, STUFF THAT HAS BEEN PROCESSED WITH SUGAR.
  - **DO NOT DRINK LITE OR SUGAR FREE FRUIT JUICES OR EAT LITE OR SUGAR FREE FRUIT. THIS STUFF HAS NO ENERGY VALUE. YOU NEED TO GET YOUR ENERGY VALUE BACK UP.**

- SPORTS DRINKS WILL HIT YOUR STOMACH TOO HARD AND WILL AFFECT YOUR WRESTLING PERFORMANCE.
- IF YOU HAVE BEEN ABLE TO EAT, EAT YOUR PASTAS AND RICE BUT NOT IN GREAT QUANTITIES. EAT FRUIT. DRINK FRUIT JUICES AND SPORTS DRINKS. BE SMART...

### **BEFORE WRESTING MATCH**

- **DO NOT** EAT LESS THAT AN HOUR BEFORE YOU WRESTLE. **DO NOT** DRINK ANYTHING LESS THAN 15 MINUTES BEFORE YOU WRESTLE. YOU WILL WRESTLE BETTER WITH AN EMPTY STOMACH.

### **BETWEEN WRESTLING MATCHES**

- EAT AND DRINK AS SOON AS YOUR MATCH IS OVER. EAT SMALL AMOUNTS OF PASTA. DRINK SPORTS DRINKS AND FRUIT JUICES. THEN APPLY THE BEFORE MATCH RULES.

## **GENERAL EATING RULES**

- BRING PASTA, FRUIT, WATER, SPORTS DRINKS, FRUIT JUICES / NECTARS, AND TEA LOADED WITH SUGAR TO ANY TOURNAMENT OR WRESTLING EVENT. THESE ARE BORING FOODS BUT IT IS A SMALL PRICE TO PAY IN COMPARISON TO A GOLD MEDAL HANGING ON YOUR JACKET.
- STICK TO THE ABOVE GUIDE LINES, ESPECIALLY ON WRESTLING DAY, AND YOU WILL MAKE YOUR WRESTLING EXPERIENCE MUCH MORE ENJOYABLE.

### **ON WRESTLING DAY**

- **DO NOT** EAT CHOCOLATE, CAROB, AND MEAT OF ANY KIND, CHEESE, ANYTHING THAT IS HEAVY AND GREASY. ALL OF THESE WILL SLOW YOU DOWN AND PROBABLY MAKE YOU SICK.
- **DO NOT** DRINK CARBONATED DRINKS... EVER... THEY WILL CUT YOUR WIND AND YOUR CONDITIONING IS ALL FOR NOTHING!
- HONEY DOES NOT WORK!!! IT IS CONSIDERED A FOOD... TAKES TOO LONG TO DIGEST TO BE OF ANY QUICK ENERGY HELP.
- CITRUS FRUITS AND JUICES ARE ACIDIC. MIXED WITH THE ACIDS IN YOUR STOMACH, DURING A WRESTLING MATCH, YOUR STOMACH WILL OVERLOAD WITH ACIDS AND MAKE YOU SICK. IT IS AS BAD OR WORSE THAN EATING BEFORE A MATCH.

**IF YOU WANT TO DEVIATE FROM THESE GUIDELINES, ASK YOUR COACH FIRST, BEFORE YOU LOOSE A MATCH OR MISSED A WEIGHT ASSIGNMENT. YOUR MISS PLACED JUDGMENT WILL RESULT IN EXTRA RUNNING BECAUSE YOU CHOSE NOT TO FOLLOW THE GUIDELINES INSTEAD OF TRUSTING YOUR COACHES.**