

## EAT TO PIN

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Athletes strive for victory. In the absence of genetic heritage, peak performance is the alignment of proper training regimens with optimal nutrition yielding the athlete's best chance at victory. But what is proper nutrition and hydration? This is a double-edged question for a competitive wrestler. It is the position of the American College of Sports Medicine to educate coaches and wrestlers toward safe weight control behaviors and to curtail "weight cutting". Simply put, weight class changes should be made during the off-season. This article discloses a healthy approach to proper nutrition and hydration with sensitivity to the wrestler's customary weight-making practice.

It is well documented that in a state of energy balance (stable weight), an athlete needs 0.5-0.8 grams of protein per pound of weight (15% of total daily calories) and 1-2 cups of water per pound of weight lost through sweat to prevent compromising strength. The carbohydrate recommendation is 2-2.5 grams per pound of body weight (60-65% of total daily calories).

Table 1 is a closer look at your protein needs.

Weight Range	Max Protein (grams)	Meat (ounces)	Size (decks-of-cards) <hr
100-130 lbs	80-104	3-6	1-2
140-170 lbs	112-136	7-10	2-3
180-210 lbs	144-168	12-15	4-5

Each day, the above meat allowances should be accompanied by a minimum of:

- 1 1/2 cups cooked or 3 cups raw vegetables,
- 3 cups (8 oz each) skim or 1% milk, and
- 4 cups of grain or starch foods (bread, pasta, rice, cereal, potato, peas/corn).

The recommended minimums outlined will provide you with an additional 60 grams of protein. Combining the minimums with the ounces of meat recommended you'll reach the "max proteins" listed in Table 1.

Last but certainly not least, carbohydrate and water are crucially important following workouts or long practices for restoring energy banks. Although the recommendations can appear confusing, in terms of food, it's quite the opposite. My best advice is to remember proportion at each meal. When going back for seconds, take 1/2 portions of each item offered!

A typical day's menu for a wrestler in season might look like this:

Breakfast	Lunch	Dinner	Snack
Eggs	Tuna salad sandwich	Steak	Nature Valley Granola Bar
Toast	Chips	Baked potato & corn	Apple
Yogurt	Apple	Green beans & mushrooms	Water or Milk
Melon	Carrots/pepper sticks	Strawberries	
	Milk	Homemade pudding	

The dietary guidelines disclosed above get even easier. The “blueprint” for proportional eating is tangible by reviewing the site [www.perfectportions.net](http://www.perfectportions.net). The Perfect Portions Diet Dish provides a single deck-of-cards sized protein, 1/2 cup cooked vegetable, 1/2 cup fruit, a little over 1 cup of grain or starch food and an 8 ounce glass of skim or 1% milk.

The Perfect Portions Diet Dish is the blueprint for proportional eating:

- 60% carbohydrate for quick energy and speedy recovery times
- 15-20% protein for strength and power
- 20-25% fat for satiety and duration between meals

Now look back at the sample one-day menu. Each food item goes into a compartment so you don't have to weigh or measure anything. All you need to know is how many plates of food to eat per day. If you need 3 decks-of-cards sized proteins, then you should be eating 3 full plates per day; if you need 5 decks-of-cards then you should be eating 5 full plates and so on.

The best trick of the dish is for off-season weight class changing. By adding an extra plate full over your usual intake, expect a 1-2 pound gain per week. Likewise, by omitting one plate full per day, expect to lose 1-2 pounds per week. The secret to maintaining strength with saturated energy stores is proportional eating whether it be before practices, after practices or any meal of the day. Learn what 60% carbohydrate, 15% protein and 25% fat looks like and then you can EAT TO PIN!

Have a mighty season!