

The Wrestlers Diet

Attention parents and wrestlers: for wrestlers with above 7% body fat there is a wrestling diet in action. What this means for the parent, is that they must supply the foods for the diet, and encourage their son or daughter to follow the diet, and not try to fatten them up with old fashioned mom's cooking during the wrestling season. The diet consists of 4-6 meals a day spread out 2-3 hours in-between. Each meal consists of one portion of protein, the size of an open hand, and one portion of carbohydrates, relatively the size of your closed fist. Vegetables must be included in at least two of the meals. Sodas or other carbonated drinks are completely out. Anything that is not on THE LIST is out. Wrestlers must not eat an hour before practice, or an hour after practice. The diet is not a diet intended to starve you; the diet is designed to help you burn unwanted body fat, speed up your metabolism, and obtain maximum athletic potential through dieting. Just like any other part of a sport, it requires discipline, determination, will-power, and above all dedication.

The LIST

PROTIENS	CARBOHYDRATES	VEGETABLES
<ul style="list-style-type: none"> • chicken breast • turkey breast • lean ground turkey • swordfish • orange roughy • haddock • salmon • tuna • crab • lobster • shrimp • top round steak • top sirloin steak • lean ground beef • buffalo • lean ham • egg whites or substitutes • low-fat cottage cheese 	<ul style="list-style-type: none"> • baked potato • sweet potato • yam • squash • pumpkin • steamed brown rice • steamed wild rice • pasta • oatmeal • barley • beans • corn • strawberries • melon • apple • orange • fat-free yogurt • whole wheat bread 	<ul style="list-style-type: none"> • broccoli • asparagus • lettuce • carrots • cauliflower • green beans • green peppers • mushrooms • spinach • tomato • peas • brussel sprouts • artichoke • cabbage • celery • zucchini • cucumber • onion