

Warde Wrestling Nutritional Plan

Habit #1 - Feed Every 2-3 Hours

As research has demonstrated, **feeding every 2-3 hours is important for many things**. Regular feeding intervals stimulate the metabolism, balance blood sugar, and improve health, body composition, and performance. So, make sure that when it comes to eating, you eat every 2-3 hours. Now I know a couple of questions have probably come to mind: First, how many meals per day should you be eating? That's easy - just divide the time you're awake (say, 15 hours) by 3. Finally, how big should your meals be? Well, here's a tip that'll help you determine what you should be eating every 2-3 hours. Rather than thinking of your feedings as "snacks" or "meals," think in terms of *feeding opportunities*. In other words, every time you feed you have the opportunity to make your body better or make it worse. Use the remaining 9 habits below to ensure that you make the most of your feeding opportunities, and make sure they come every few hours.

Habit #2 - Ingest Complete, Lean Protein With Each Feeding Opportunity.

It's critical to ingest some complete lean protein with every feeding opportunity. But get this idea straight first – make sure that every time you eat there's a serving of protein involved. By doing this, you'll be sure to maximally stimulate your metabolic rate, improve your muscle mass and recovery, and reduce your body fat. Keep in mind that protein is not limited to just breakfast, lunch, and dinner. **EVERY feeding opportunity, every 2-3 hours, should contain complete, lean protein.**

Habit #3 - Ingest vegetables with each feeding opportunity.

Science has demonstrated that in addition to the vitamins and minerals (micronutrients) packed into veggies, important plant chemicals (phytochemicals) that are essential for optimal physiological functioning also are present. Even more interesting, vegetables (and fruits) provide an alkaline load to the blood. Since both proteins and grains present acid loads to the blood, it's important to balance these acids with alkaline rich vegetables and fruits. Too much acid and not enough alkalinity means the loss of bone strength and muscle mass. A simple way to ensure you're getting enough vegetables is to be sure that you're **getting 1-2 servings of veggies with every feeding opportunity** – every 2-3 hours.

Habit #4 – Eat veggies and fruits at any feeding; “other” carbs mostly after exercise.

Another way of saying this is: eat non-fruit and vegetable carbohydrates (**including simple sugars, sports drinks as well as starchy carbohydrates such as rice, pasta, potatoes, quinoa, etc**) **during and within the few hours after exercise only**. Want to eat bread, pasta, rice, sugar, etc? If so, you can. Any nutrition plan for athletes that excludes these foods is too hard to follow and, in some cases, can decrease performance. Just be sure you save them until after exercise. But can't these carbs make you fat? Not as long as you're sure to save them for the workout and post-workout periods. Your body's carbohydrate tolerance is best during exercise and the few hours after exercise, thus the majority of your daily carbohydrate energy should come during these times. During the rest of the day, stick with carbohydrate sources like vegetables and fruits. These foods are alkaline, contain more fiber, have a higher micronutrient/macronutrient ratio, produce a smaller insulin response, and better manage blood sugar.

Habit #5 – Eat healthy fats daily.

About 30% of an athlete's diet should come from fat. However, special care should be made to ensure that this intake is balanced between saturated, monounsaturated, and polyunsaturated fat. A goal of 1/3 saturated, 1/3 monounsaturated, and 1/3 polyunsaturated fat is recommended. By balancing out your fat intake, health, body composition, and performance can be optimized. Eating this way is fairly easy. By focusing on adding the healthy monounsaturated and omega 3 fats into your diet, you'll easily balance out the saturated and omega 6 fats so prevalent in the North American diet. One important recommendation is to include fish oil supplements in your nutrition plan. This is something we recommend to nearly every man, woman, and child as fish oil supplements improve body composition and protect against heart disease, cancer, diabetes, and more.

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Habit #6 – Most calorie-containing drinks (aside from workout nutrition) should be eliminated.

Fruit juice, soda, and other sugary beverages should be eliminated from the diet. Even fruit juice? That's right. While many people believe that fruit juice is a healthy alternative to soda, fruit juices offer very little in the way of good nutrition and are certainly no substitute for fruits and vegetables. As the micronutrient/macronutrient ratios of sodas and fruit juices are abysmal, athletes should be eating their calories and drinking water as their habitual beverage – especially athletes who lose a lot of water, through sweat, during their training and competition. The few exceptions, as you'll read about below, are super shakes and workout drinks.

Habit #7 – Eat whole foods instead of supplements whenever possible.

Most of an athlete's food intake should come from high quality whole food sources that conform to the other 9 habits listed here. While there are certain times where liquid nutrition or bars are useful (during and immediately after exercise, as well as when traveling), an athlete's daily dietary intake should be composed of whole, largely unprocessed foods. And when it comes to vitamins, minerals, and phytochemicals, no pills can even come close to what good old fruits and veggies contain. So skip the multi-vitamin and, instead, eat an extra few servings of fruits and veggies each day.

Habit #8 – Plan to break the rules 10% of the time.

An important thing to remember is this – your diet doesn't have to be perfect 100% of the time. In fact, it's even important to have foods or feeding opportunities that don't necessarily follow the rules above. In all our years of working with athletes we've learned that 100% nutritional discipline is never required for optimal progress. The difference, in results, between 90% adherence and 100% adherence is negligible. You just have to be sure you're clear on what 10% really means. For example, if you're eating 6 times per day for 7 days of the week – that's 42 feeding opportunities. Since 10% of 42 is about 4, you get to eat 4 “imperfect” feeding opportunities per week; these imperfect feeding opportunities include both “junk food” and even skipped feedings. Therefore, if you break 1 of the 10 rules, that counts as one of your 10%. So don't waste your skips by missing a feeding. Schedule your 10% feeding opportunities and enjoy them. Then, with your next feeding opportunity, get back to the rest of the habits.

Habit #9 – Plan ahead and prepare feedings in advance.

The hardest part about eating well isn't necessarily understanding which foods are good and bad. Nor is it understanding proteins, carbs, and fats. Nor is it understanding when to eat certain foods. Rather, the hardest part is making sure the 8 rules above are followed consistently. Sometimes good nutrition is not about the food as much as it is about making sure the food is available when it's time to eat. Athletes should come up with food preparation strategies in order to ensure that they can consistently get the nutrition they need, when they need it. Whether that means cooking a bunch of feedings on Sunday for the upcoming week, getting up 30 minutes earlier and preparing feedings for the rest of the day; or hiring a food preparation service to prepare feedings for you, it's critical to have a plan. As the old cliché very accurately states, “failing to plan is planning to fail.”

Habit #10 – Eat as wide a variety of good foods as possible.

Most of us eat in a very habitual manner, ingesting similar breakfasts, lunches, and dinners day in and day out. Boring, but easy. By establishing the habits above as the norm, it will eventually be easy to follow them. However, it's also important to balance out this daily habit with seasonal foods and healthy variety. Find healthy alternatives to the foods you habitually eat. Use your 10% feedings as great chances to eat a variety of non-habitual foods. Also, be sure to use a variety of protein sources, fruit and vegetable sources, etc. and rotate through them periodically. One great strategy for doing this is to pick up a copy of *Gourmet Nutrition* (www.gourmetnutrition.net). This book provides a summary of the good eating habits we share with you here and provides over 100 recipes demonstrating how to put these habits into action.

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10 Habits Summary

While the 10 Habits above are simple, in order to help our athletes better stay on track with them every day, we've created a "cheat sheet" (below) that we have them carry in their wallets (or in their purses). When it's time to plan, prepare, or order food, they consult the cheat sheet to make sure they're sticking to the habits. And each time they use this cheat sheet, they reinforce this new and better way of thinking about food. Eventually these athletes don't need the sheets any longer; their habits have been changed – for life.

- 1. When did you last eat?** If it's been longer than 2-3 hours, feed immediately.
- 2. Where is the complete protein?** Are you about to eat at least 1 serving of complete protein? If not, find some protein.
- 3. Where are the veggies?** Are you about to eat at least 1-2 servings of veggies? Prepare them anyway you like, but eat them with every feeding opportunity.
- 4. Where are the carbs?** If you haven't just worked out, put down the pasta, bread, rice, etc in favor of fruits and veggies. If you have just worked out, a mix of carb sources is fine.
- 5. Where are your fats coming from?** Today you need some fat from animal foods, from olive oil, from mixed nuts, and from flaxseed oil. Spread them throughout the day.
- 6. Did you take your fish oil yet?** Make sure you don't miss taking a capsule or two with each feeding opportunity.
- 7. Are you drinking water or green tea?** Avoid the calorie containing drinks; send back the soda or other sugary drinks.
- 8. Are you breaking the 10% rule?** Are you breaking any of the rules above? If so, count this feeding opportunity as part of your 10% & think about how you'll get back on track.

➤ **This list will help you better categorize which foods should be eaten and when.**

- **Proteins**

- **Lean, Complete Proteins (Eat with each feeding opportunity)**

- Lean meats (ground beef, chicken, turkey, etc.); fish (salmon, tuna, etc.); eggs (egg whites); low fat dairy (cottage cheese, yogurt); milk protein supplements (whey, casein, milk protein blends).

- **Carbohydrates**

- **Simple Sugars (Eat only during and after exercise, if at all)**

- Soda, fruit juice, table sugar, sports drinks, breakfast cereal (some varieties), etc.

- **Starchy Carbohydrates (Eat mostly after exercise)**

- Bread, pasta, rice, potatoes, oats, cereal grains (wheat, rye, etc), etc.

- **Fruits and Vegetables (Eat with each feeding)**

- Spinach, carrots, tomatoes, broccoli, cauliflower, apples, oranges, avocados, berries, etc.

- **Fats**

- **Saturated Fats (About 1/3 of total fat intake)**

- Animal fats (fat in eggs, dairy, meats, butter, etc.), coconut oil, palm oil, etc.

- **Monounsaturated Fats (About 1/3 of total fat intake)**

- Olive oil, nuts, avocado, etc.

- **Polyunsaturated Fats (About 1/3 of total fat intake)**

- Vegetable fats, flax seeds/oil, fish oil, etc.

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The 20 Superfoods

When some people think of eating well, they often use words like “watching what I eat.” The idea of “watching what you eat” however, has become synonymous with eliminating foods from your diet. If you want to achieve the optimal intersection of health, body composition, and performance, this is a mistake. The best nutrition programs offer additions, not subtractions. In other words, they teach you which foods you should be eating more of. Spend most of your feedings eating from the “good foods” list and you won’t have much time for those on the “bad foods” list. To give you a head start, listed below are 20 great foods you should absolutely include in your daily plan. These foods fit nicely into the 10 Habits above.

- 1. Lean Red Meat (93% lean, top round, sirloin)**
- 2. Salmon**
- 3. Omega 3 Eggs**
- 4. Lowfat, plain yogurt (lactose-free if you can find it)**
- 5. Supplemental Protein (milk protein isolates, whey protein isolates, or rice protein isolates)**
- 6. Spinach**
- 7. Tomatoes**
- 8. Cruciferous Vegetables (Broccoli, Cabbage, Cauliflower)**
- 9. Mixed Berries (a variety of different types of berries including strawberries, blueberries, raspberries, etc)**
- 10. Oranges**
- 11. Mixed Beans (a variety of different types of beans including kidney,navy, white, etc)**
- 12. Quinoa (Ancient grains)**
- 13. Whole Oats (large flake)**
- 14. Mixed Nuts (a variety of different types of nuts including pecans,walnuts, cashews, brazil nuts, etc)**
- 15. Avocados**
- 16. Olive Oil (extra virgin)**
- 17. Fish Oil (salmon, anchovy, menhaden)**
- 18. Flax Seeds (ground)**
- 19. Green Tea**
- 20. Liquid Exercise Drinks (quickly digested carbohydrate and protein)**

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The Pre-Competition Feeding

Some individuals have the notion that eating a lot before a competition will give them an abundance of energy for optimal performance; however this is an ineffective way to fuel the body. Large feedings delay stomach emptying and therefore this feeding strategy will simply cause sensations of fullness, a diversion of blood flow from the muscles to the gut, and a feeling of discomfort during competition. Rather than eating a lot of food, **eating small amount of easily digested food and hydrating during the hours leading up to a competition are the best ways to handle the pre-competition period.**

Rather than trying foods that one typically doesn't eat, in an attempt to boost performance or provide extra energy, an athlete should stick with foods that he or she knows will not upset their stomachs.

Competition day nutrition should be characterized by small, frequent, easily digested feedings.

Finally, eating a large feeding of simple or rapidly digesting carbohydrates too close to a competition can actually dull mental acuity and lead to rebound glycemia, a condition in which blood sugar falls and leads to premature fatigue. That's definitely not the way to win your matches. In summary, under normal circumstances, the goal of the pre-competition feeding should be to eat a comfortable amount of familiar foods within the few hours prior to exercise. This feeding, rather than being performance boosting, should simply provide energy for competition without risking discomfort or fatigue.

If your pre-competition meal is one hour before your exercise event, eat one gram of carbohydrate for each kilogram of your body weight. If you weigh 154 pounds, you should eat 70 grams of carbohydrate.

What healthy sources of carbohydrate should I eat?

The following foods have about 30 grams of carbohydrate in the amounts listed:

- One-half of a bagel.
- Two slices of bread.
- Two-thirds of a cup of rice.
- One cup of cooked pasta.
- One-half of a large baked potato, or one cup of mashed potatoes.
- One and one-half cups of dry, unsweetened cereal.
- One cup of oatmeal.
- Six graham cracker squares.
- One and one-half ounces of pretzels.
- Two flour tortillas (6 inch).
- One large banana.
- One cup of applesauce.
- One large pear.
- One cup of canned fruit.
- One cup of apple, grapefruit, pineapple or orange juice.
- Six to fifteen ounces of a sports drink (different brands have different amounts of carbohydrate).
- One energy bar (different brands have different amounts of carbohydrate).

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What should I avoid eating or drinking for my pre-competition meal?

- ✓ Avoid eating high fat foods such as potato chips, French fries, hot dogs, candy bars and doughnuts. These foods will take longer to digest and may cause stomach discomfort. They may not provide you with enough energy during the competition.
- ✓ Avoid drinking carbonated beverages (such as soda), because they may cause stomach discomfort during the competition.
- ✓ Avoid eating high fiber foods (such as bran muffins) because they may cause gas and stomach discomfort during the competition.

During competition, drink water and sports drinks. For competitions that last longer than one hour, be sure to drink liquids that contain carbohydrate, such as sports drinks. Below are some guidelines for drinking the right amount of fluids.

- ✓ Drink at least eight to 16 ounces (one to two cups) of liquid, two or three hours before the competition.
- ✓ Drink eight to 16 ounces (one to two cups) of liquid, 30 minutes before the competition.
- ✓ Drink at least four to eight ounces (one-half to one cup) of liquid, right before the competition.
- ✓ Drink at least 20-48 ounces (four and one-half cups to six cups) of liquid, every hour during the competition.

Strategies to meet your competition nutrition goals

- Start drinking early in competition and continue drinking at regular intervals during the event. Some people set their watches to alarm every 20 minutes to remind them to drink.
- When exercise intensity is high in tournament situations and in longer events, plan to consume 1 g of [carbohydrate](#) per minute or 30-60 g per hour.
- Use carbohydrate-containing [sports drinks](#) or moderate to high glycaemic index foods. For example, a litre of 7% sports drink will provide 70 g carbohydrate, a banana will provide 20 g carbohydrate, a cereal bar will provide 20 g carbohydrate.
- When using a [sports drink](#) choose one you have tested in training. A sports drink with 4-8% (ie: 40-80 g/l or 4-8 g/100ml) [carbohydrate](#) and 500-700 mg/l (20-30 mmol) [sodium](#) is recommended.
- Consume your carbohydrate-containing drink or food at regular intervals during your event.
- In an endurance event like a marathon you may want to consume solid foods. Examples of moderate to high glycaemic index foods that can be used include ripe bananas, sandwiches with jam, honey or banana, jelly beans, cereal bars.
- [Sports bars](#) can also provide a convenient form of [carbohydrate](#). Experiment with these in training. You may want to take the wrapper off and cut the bar into bite-sized pieces to make them easier to eat.

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Pre-competition meal ideas

- White toast and low-fat spreads/spaghetti/corn/banana.
- Cereal with trim milk and/or yoghurt and/or fresh canned fruit.
- Muffins or crumpets with jam/honey.
- Low-fat pancakes with fruit.
- Creamed rice and fruit.
- Oatmeal with trim milk.
- Pasta with a tomato-based sauce.
- Risotto.
- Baked potato with corn/spaghetti/tomato-based sauce.
- Sandwiches/rolls with spreads/banana.
- Fruit salad and yoghurt.
- Liquid meals.

Hydration - In order to prevent voluntary dehydration, a few things are clear. First, athletes must drink during all training and athletic events, even when they're not thirsty. One good strategy is to drink every 15-20 minutes during activity. Further, in order to enhance both thirst and the rate of fluid absorption, the addition of both sodium chloride and carbohydrate to a flavored (and chilled) beverage may increase voluntary consumption. In some studies, the use of such beverages has completely prevented voluntary dehydration. By using the nutrition strategies outlined above, namely, sipping a carbohydrate/protein drink diluted to a 6-12% concentration during and after training and competition, dehydration should be prevented. This is as long as you haven't intentionally dehydrated yourself prior to your competition or training. You NEVER want to enter a competition or training session *dehydrated!*

HIGH PERFORMANCE MEALS AND SNACKS

- **Breakfast**
 - French Toast
 - Hot & cold cereals
 - Pancakes Fruit
 - Toast/Bread
 - 100% Fruit juice
 - Bagels
 - Low fat milk (Chocolate ok)
 - Boiled egg
- **Mid-Morning Snack**
 - Bagels
 - 100% Fruit Juice
 - Fig Newtons*
 - Instant Breakfast*
 - Fruit Low fat milk
 - Pretzels
 - Gatorpro*
 - Bread
 - Low fat Yogurt
 - Power Bars*
 - Boost*

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- **Lunch**
 - Sandwiches (make triple deckers - 3 pieces of bread, but not 2 servings of meat):
 - Turkey
 - Hummous
 - Roast beef Salad
 - Tuna salad
 - Baked potato
 - Seafood salad
 - Extra bread
 - Ham
 - Low fat milk (chocolate ok)
 - Ham salad
 - 100% Fruit juice
 - Fruit Cheese (2 slices max)

- **Pre-Practice/Pre-Competition Snack (2 hours before event)**
 - Pretzels
 - Gatorlode*
 - Low fat yogurt
 - Bread
 - Fig Newtons*
 - Power Bars*
 - Fruit Bagels
 - Boost*
 - Instant Breakfast* (mixed in water)

- **Dinner**
 - Chicken, fish, lean beef Tortillas/chapati
 - Red or black beans
 - Greens/salads
 - Rice Vegetables
 - Tofu or tempeh
 - Black-eyed peas
 - Pasta/noodles
 - Potatoes
 - Yams Milk (low fat/chocolate)
 - Bread
 - 100% fruit juice