

What's Your Nutrition Plan

“Taking Your Performance to the Next Level”

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What's your Plan for Nutrition?

- **Athlete's invest time in multiple resources for success:**
 - Practice and Preparation
 - Studying your opponent
 - Extra time on drills and technique

How much time do your athletes spend thinking about how to properly fuel their body to compete and perform?



Unique Nutrition Challenges for Wrestlers

- 30% young athletes **DO NOT** Eat Breakfast
- **50% Eat Alternative Lunch instead of a Regular** (i.e Fried Food/Pizza) ~650 calories vs Regular Lunch ~850 calories
(Based on 2000 calorie diet)
- Rules against eating/drinking during school hours
- Most athletes go into practice on <1000 calories
- Most athletes go into practice in early stages of dehydration



Unique Nutrition Challenges Athletes

- No extra food available (11+ hours on campus); often vending is the only option.
- Common for athletes to lose weight ~6-8 lbs. during sport season
 - Amount will vary depending on start weight vs goal weight
- 35% report taking supplements to try to fix problem
- Calories after practice are heavy in fluid consumption to make up for calorie deficiency



Unique Nutrition Challenges Athletes

- Limited time between class to eat (i.e. High School & College)
- Class workload may limit proper meal timing before and after practice (i.e. college students)

Fatigue

**Don't
Maximize
Performance**



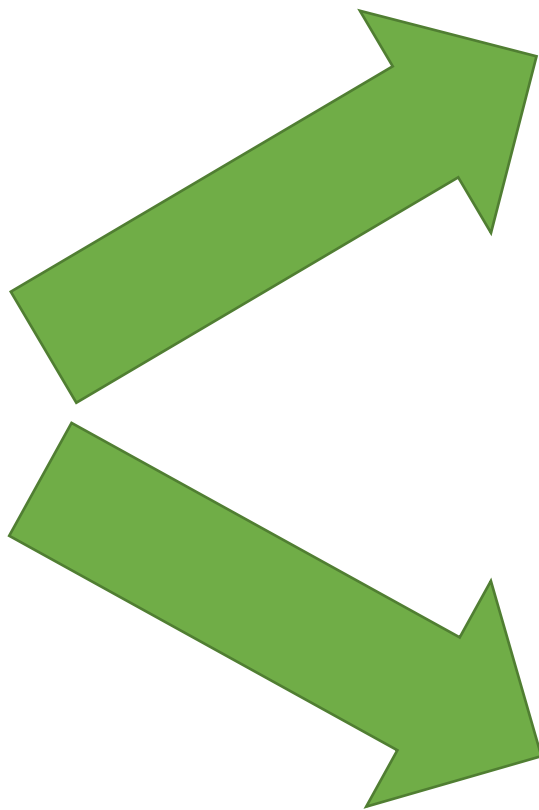
**Calorie
Deficiency**

**Body Weight
Imbalance**



Top Influences on a Athlete's Eating Habits

- Habit (Clock Says So)
- Economics (\$\$)
- Lazy (don't care)
- Ethnic Background
- Family Demographics
- Social/Event
- Emotional (stress, bored)
- Physical Health
- Reward
- Scholarship (i.e. college students)
- Peer food choices/preferences



Negative Eating Habits



Positive Eating Habits



Implementing a Plan for Success

Problem: Athlete's claim they don't have time to eat



**Have Food Available
in House**

- Prevents skipping of meals
- Allows for snack food prep
- Increases chances for meeting calorie goals

Break recipes into ingredients
and go shopping



Plan out meals and
snacks for 3-4 days

**Simple Meal & Snack
Prep Strategies**

- Make 20 Sandwiches on an off day
 - Portion out 20 bags of Trail Mix
- Pack Nutrition bars and fruit in your bag
- Cook 10 chicken breast or boil 10 eggs
- Set out breakfast to heat up the night before
 - Make a smoothie for breakfast



Implementing a Plan for Success

Problem: Athlete's claim they don't have time to eat



Plan out meals and snacks for 3-4 days



Tupperware or food storage containers



5 Minute Meal



Develop a Plan to Achieve your Goals

- **Complete a 3-day Food Record**
 - Helps you visualize what you're eating
- **Set Goals (short term) – Find one habit to work on now**
 - Eat Breakfast every morning
 - Bring Snacks to Class/School
 - Reducing Sugar in Diet
 - Improve Hydration strategies
 - Minimize Fast Food consumption
- **Track Changes**
 - Changes in body fat in 8-12 weeks
 - Energy at practice
 - Recovery after practice



Questions and Contact

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