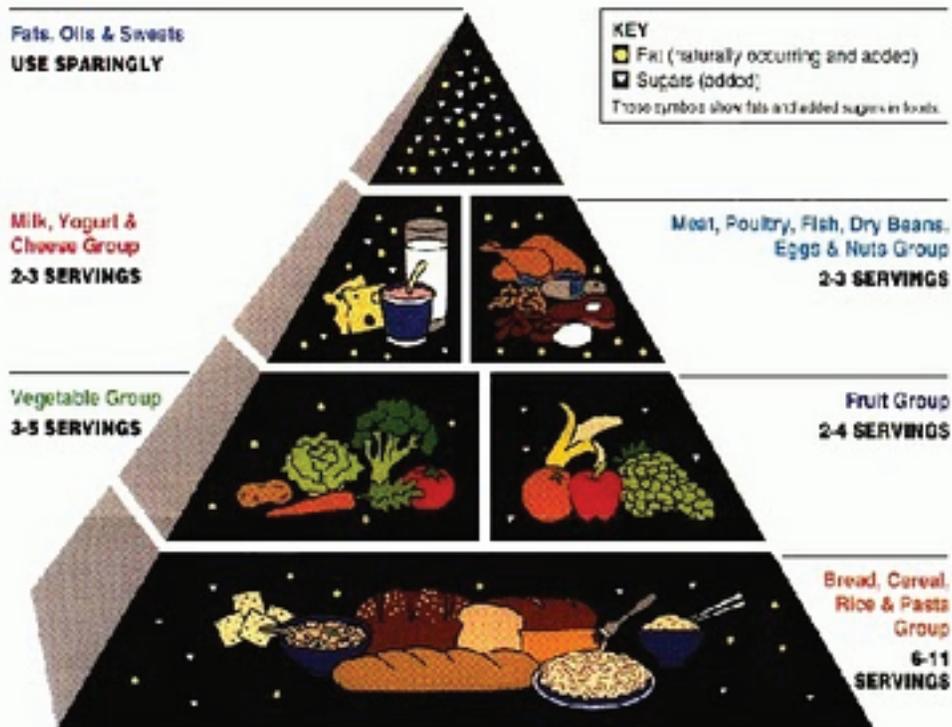


Nutritional Tips



The Point of this document is to enlighten new wrestlers on proper foods to eat to keep them at their peak performances. C.I.F (California Interscholastic Federation), health sites, and health videos provide a lot of information found in this document. Topics found in the documents proper hydration, foods to eat after workouts or matches, etc.

Food Pyramid

The California Interscholastic Federation suggests that wrestlers follow the dietary recommendations offered in the U.S. Department of Agriculture's food pyramid. Get six to 11 daily servings of whole grains like brown rice, oatmeal and whole-wheat pasta or refined carbohydrates like white bread to provide energy for your workouts. Take in three to five servings of vegetables and two to four servings of fruit daily to ensure you receive the adequate levels of vitamins, minerals and fiber. Choose vegetables like broccoli, kidney beans and spinach and fruits like bananas, strawberries and kiwis. Eat two to three daily servings of dairy and meat products like skim milk or yogurt and lean poultry, fish and meat to bump up zinc and calcium levels for healthy bones and muscles.

Hydration

Water can only do so much when to keep an athlete hydrated. Yes, water is a great source for hydration during practice. You need more when it comes to rehydrating yourself before and after practice or match. While water can rehydrate you, it also flushes your body of proper minerals needs to perform at its best. Here are some drinks that can help rehydrate and replenish your body with proper minerals.

Water still needs to be consumed before, during, and after practice.

Benefits of Gatorade



Sustained Energy

Gatorade contains a 6 percent solution of carbohydrates, or 6 g of carbohydrates per 100 mL of liquid. One 8-oz. bottle of Gatorade contains 16 g of carbohydrates, according to the USDA Nutrient Database. Carbohydrates are the body's main source of energy.

Prevent Dehydration

When the body loses, more fluids than it takes in, dehydration can occur. Dehydration is a serious condition that can lead to muscle weakness, headaches, dizziness, low blood pressure, rapid heartbeat or unconsciousness. Gatorade is rich in sodium, which is responsible for maintaining the balance of water in the body's cells. One 8-oz. bottle of Gatorade contains a full 95 mg of sodium, enough to help replace what is lost through sweat and ward off dehydration.

Avoid Muscle Cramping

Potassium is beneficial for regulating blood pressure, muscle control and nerve functions. During exercise and physical activity, the body burns off potassium in the muscles and some is also lost through sweat. Gatorade contains 37 mL of potassium in each 8-oz. bottle, which helps to replenish potassium stores and prevent muscle cramping during exercise.

Benefits of Pedialyte



Sodium/Chloride

Sodium and chloride, the primary minerals located outside your red blood cells, are lost with bouts of diarrhea and vomiting in children and strenuous exercise in adults. Both are important to nerve, muscle and heart function.

Potassium

Potassium, the primary mineral inside your red blood cells, is necessary for nerve, heart and muscle cell action. Potassium helps control your heart rate, protein synthesis and energy production by converting blood sugar into glycogen. Low potassium, or hypokalemia, from diarrhea and vomiting can cause an irregular heart rate, muscle weakness and spasms.

Carbohydrates

Pedialyte uses small amounts of dextrose and fructose, instead of sucrose, as the primary carbohydrate ingredient. Dextrose is easily digested, improves the taste for children and increases the absorption of water and sodium.

Benefits of Coconut Water



Coconut Water

Coconut water derives from the inside of green coconuts, and is packaged in a juice-box as a healthful beverage. An 8-ounce serving of coconut water straight from the shell provides significant quantities of electrolytes, including 250 milligrams of sodium, 45 milligrams of phosphorus, 600 milligrams of potassium and 60 milligrams of magnesium. But, packaged coconut water tends to contain significantly less sodium, ranging from approximately 14 to 29 milligrams. Additionally, this beverage includes only 46 calories and 9 grams of carbohydrates per 8-ounce serving, reports Jennifer Koslo, a registered dietitian at Kaplan University. Coconut water hydrates the body while providing other beneficial nutrients, such as vitamins, antioxidants and amino acids.

Other beneficial drinks (Click the images for more information about the drinks)



Foods for Thoughts

"Sports nutrition" applies to the elite athlete and the active person equally. A solid sports nutrition plan can support your training and improve your performance, all while promoting health and wellness. Eating right allows your body to adapt to training, helps you recover after exercise and attain peak performance.

Your body needs carbohydrates, protein, fat, vitamins, minerals and fluid to fuel it for exercise.

***Help maintain healthy immune function *Reduce the chance of injury *Reduce the risk of heat cramps and stomach aches.**

***Help you train longer and at a higher intensity *Delay the onset of fatigue *Promote recovery**

***Help your body adapt to workouts *Improve body composition and strength *Enhance concentration**

Here are some super foods that can help.

Beans (Black, White, Garbanzo)

Green Tea

Oats

Lentils

Avocados

Bananas

Salmon

Eggs

Blueberries

Dark Chocolate

Broccoli

Oranges

Brown rice

Sweet Potatoes

Pears

Cheese

Grapefruit

Quinoa

Kidney beans

Yogurt

Nuts (Almonds, Walnuts, Pine)

Apples