Wrestling Diet

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Wrestling is a tough sport, especially when it comes to dieting and making good choices to make weight. A wrestler has to be a certain weight to register for a tournament and must maintain that weight until his or her tourney is over.

**Breakfast Ideas**

 For starters, a good wrestling diet consists of at least a 6 oz. glass of his or her favorite juice, or 8 oz. of water. For some food choices, he or she can eat a bagel, English muffin, or whole wheat toast, topped with peanut butter, bananas, or jam.

**Lunch Ideas**

After a wrestling tourney, it can be hard to not eat a lot because you just finished wrestling. It might seem like you just lost a lot of weight because you sweat alot and might be drained. To replenish what you lost, you should drink at least 8 oz. of water, or 8 oz. of low fat milk. You can also eat whole-wheat, or pita bread with turkey, chicken, lean roast beef, or lean ham, topped with Swiss cheese and vegetables. These are good choices. Tuna, or a chicken salad sandwich with low-fat mayonnaise is another example of a good lunch. Some other good suggestions include a baked potato topped with low-fat sour cream, mozzarella cheese, or salsa with a glass of skim milk. It is important to always include at least one serving of vegetables and fruit with lunch.

**Dinner Ideas**

Dinner can be the hardest meal of the day because you might want to eat a little bit more than lunch, which is normal, but you have to follow your wrestling diet throughout the whole day. For dinner, you can eat baked potatoes with low-fat toppings, baked turkey (white meat without skin) and bread, muffins, or rolls. Other options are chicken, brown or white rice, cooked vegetables, fruit, lean beef or pork andstir fries with rice. Tuna-noodle casserole made with water is another meal you can eat with your wrestling diet.

According to LiveStrong, “Having enough energy to compete in wrestling is essential. Some wrestlers worry too much about making weight, which leaves them too drained to perform at a high level.” Eating carbohydrates is good for you because it fills you up so you do not have to eat snacks throughout the day. Being a wrestler is not easy because there are a lot of responsibilities. Eating healthy and maintaining weight is the most difficult task to overcome.