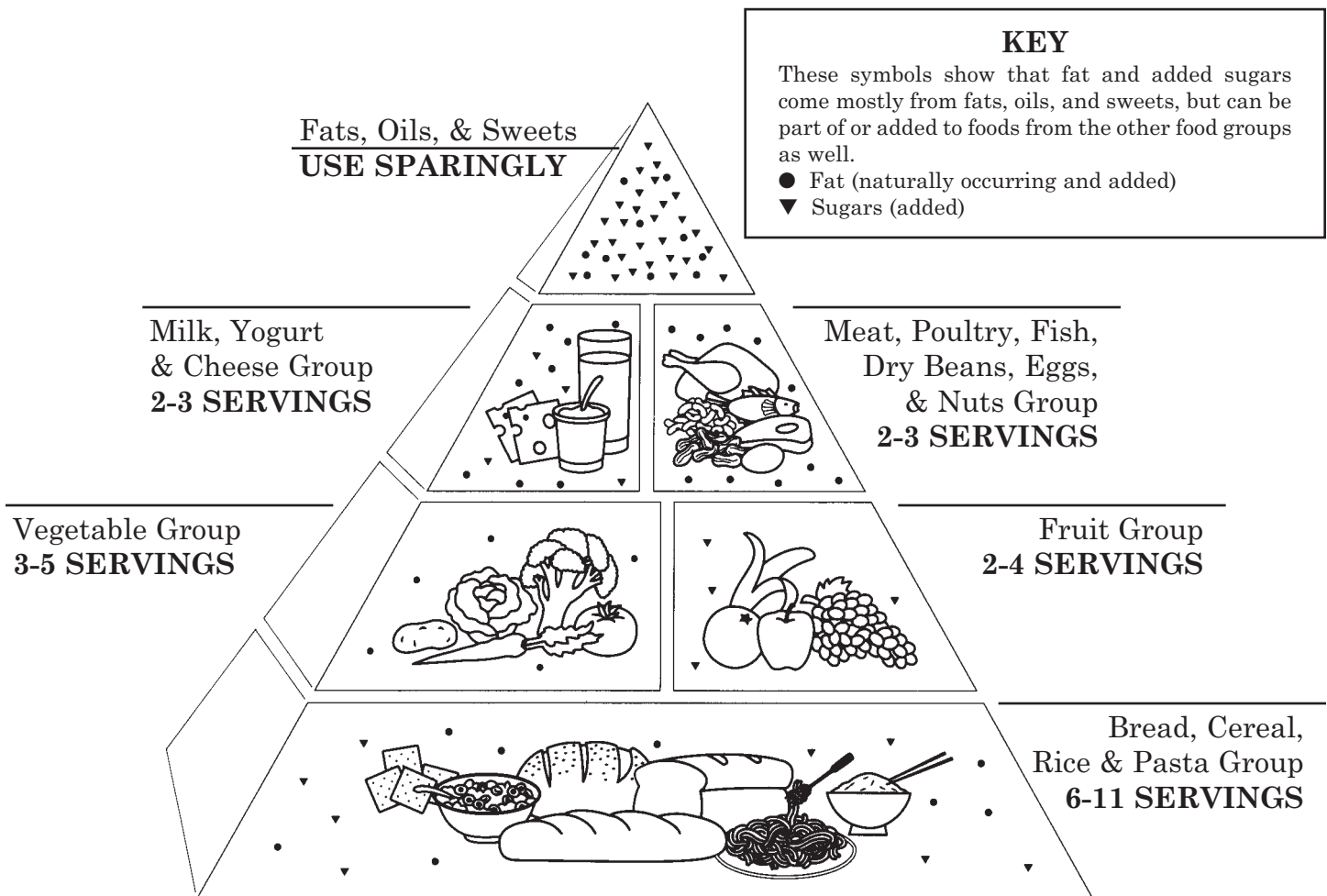


# Wisconsin Wrestling Minimum Weight Project

## THE NEW FOOD GUIDE PYRAMID A FOUNDATION FOR A SPORTS DIET

During this past year the USDA (United State Department of Agriculture) presented its new graphic to promote a balanced diet. This new graphic is the Food Guide Pyramid. It shows bread, cereals, rice and pasta as the foundation of the diet. Athletes need to make these foods the foundation of their diet because they provide generous amounts of carbohydrates. Carbohydrates provide an efficient fuel for working muscles. Breads and grain products also provide essential vitamins and minerals.

The fruit and vegetable group make up the next level of the Food Guide Pyramid. These foods are also high in carbohydrates. They also contain key vitamins and minerals. Vegetables and fruits are low in calories (when they aren't smothered with rich sauces, butter or margarine). Next time you are hungry and want a snack, reach for a red delicious apple or other piece of fruit. It has 1/3 of the calories a candy bar does!



SOURCE: U.S. Department of Agriculture/J.S. Department of Health and Human Services

The next level on the Food Guide Pyramid contains the dairy group as well as the meat group. These two groups provide protein, vitamins and minerals. Most of the calories in a person's diet should come from carbohydrates. Only about 15% of calories should come from protein. This holds true for athletes as well as the general public. Protein is the building block used to repair or build muscle or other tissue, so it is important in an athlete's diet. But remember, extra protein does not turn into extra muscle. A wrestler eating 2 or 3 servings of dairy products as well as meat products should meet his body's protein needs.



For wrestlers trying to make weight, they should focus on eating a balanced and controlled diet that emphasizes breads, grains, vegetables and fruits (same as what the food pyramid emphasizes). Choosing lean meats and low fat dairy products from the meat and dairy groups allows wrestlers who are losing weight to get the protein they need, but helps trim extra calories by cutting down on the fat.

The last level on the Food Guide Pyramid is the fats, sweets and oils group. Foods in this group (candy, chips, pop, margarine, etc.) usually contain a lot of sugar and/or fat and therefore a lot of calories. The Food Guide Pyramid advises to use these foods sparingly. It does not say "never" eat them. Enjoying foods from this group once in a while is fine, but it should be in moderation.

It is important to remember that all of the food groups play a role in an athlete's diet. Eating a variety of foods from each of the food groups and in proportions depicted in the Food Guide Pyramid will help assure that you are eating a diet that will optimize your performance on the wrestling mat. If you are trying to lose weight to make a lower weight class, don't do so by trying to cut out a food group. Cut back proportionally in all groups, but still try to meet the minimum number of servings.

## How To Use The Daily Food Guide

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### What counts as one serving?

#### **Bread, Cereals, Rice, and Pasta**

1 slice of bread  
1/2 cup of cooked rice or pasta  
1/2 cup of cooked cereal  
1 ounce of ready-to-eat cereal

#### **Vegetables**

1/2 cup of chopped raw or cooked vegetables  
1 cup of leafy raw vegetables

#### **Fruits**

1 piece of fruit or melon wedge  
3/4 cup of juice  
1/2 cup of canned fruit  
1/4 cup of dried fruit

#### **Milk, Yogurt and Cheese**

1 cup of milk or yogurt  
1-1/2 to 2 ounces of cheese

#### **Meat, Poultry, Fish, Dry Beans, Eggs and Nuts**

2-1/2 to 3 ounces of cooked lean meat, poultry, or fish  
Count 1/2 cup of cooked beans, or 1 egg, or 2 tablespoons of peanut butter as 1 ounce of lean meat (about 1/3 serving)

#### **Fats, Oils, and Sweets**

LIMIT CALORIES FROM THESE especially if you need to lose weight

The amount you eat may be more than one serving. For example, a dinner portion of spaghetti would count as two or three servings of pasta.