

# FAQ

Article

02

## Oneonta State Athletics

- *Effects of not eating fruits and vegetables*

- Fruits and vegetables provide a wide range of valuable nutrients like fiber, vitamins and potassium. You would probably notice very few effects in the short-term. One possible short-term effect might be constipation, since fruits and vegetables are high in fiber, although this would depend on the other foods in your diet. Effects of not including fruits and vegetables in the long-term might include risk for a few vitamin deficiencies, such as Vitamin C, which is provided solely by certain fruits and vegetables. A variety of colorful fruits and vegetables are great sources of many vitamins, minerals, and natural substances that may help protect us from chronic diseases including stroke, certain types of cancer and heart disease. Additionally, eating more fruits and vegetables can make a difference in maintaining a healthy weight when they are eaten in place of high calorie, high fat foods. By not eating fruits and vegetables, you may be deprived of those potential benefits.



- *What to pack in a cooler for the away games*

- Pack coolers with: bagels, flavored rice cakes, pretzels, fresh and dried fruits, carrots and celery sticks, graham crackers, animal crackers, fig bars, low-fat or non-fat yogurt, part-skim string cheese, turkey sandwiches, sports bars, liquid meals, fruit juices, and sports drinks.



Designed by Rebecca Capek – Athletic Trainers Intern 2011 – Dietetics Major



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- *Foods to consume between games at tournaments or double headers*
- Athletes should fuel up before an event with a meal several hours before the event. For between games meals, lower fat and higher carbohydrates, and moderate protein levels are best
- Carbohydrates are more easily digested and absorbed and generally well tolerated immediately prior to events. They are also the primary fuel during activity and need to be consumed after competition to replace muscle glycogen stores. This provides energy for the muscles to use at the next event.
- Protein helps athletes by providing satiation, keeping the athlete from becoming hungry during events and while waiting for the next game to start
- High fat foods take longer to digest and may cause stomach upset throughout the day. After the competition is over a moderate-fat meal can be consumed; however carbohydrates and protein are still the macronutrients of focus in recovery nutrition.
- *If the concession stand is the only option (because you didn't pack food):*
  - Athletes should avoid very high fat foods such as nachos with cheese sauce, whole fat ice cream, cookies, French fries, onion rings, and other fried foods
  - Instead look for the protein sources (plain hamburger with no cheese, chicken breast sandwiches, deli meat sandwiches) or carbohydrates (juices, lemonade, soft pretzels, fruit, frozen yogurt, popsicles, smoothies.



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## • *Safe and effective weight loss for wrestlers*

As a wrestler, you are more than likely going to lose some weight during the course of the up-coming season. The following are some guidelines for losing fat, not muscle or water. The loss of muscle is obviously not desirable, since you better have been building it all during the off-season. Excessive water loss is also not desirable, as it results in dehydration. Dehydration results in considerable strength losses, and will hurt your conditioning as well. <http://users.rowan.edu/~whedon/wrestle.html>

- Concentrate on percent body fat: weight in of itself is not the problem, it is excessive fat, which does nothing to help in performance (unless you are a long-distance swimmer). You should attempt to maintain a relatively low body fat at all times. Keep it around 10-12% during the off season. During the season, you should keep your body fat between 6 and 8 percent, as below six percent you will become fatigued, and usually cut some muscle will undoubtedly suffer. The larger you are, the more body fat is generally acceptable. The heavier weights may even have 10 to 15%.
- Slow loss is good loss: start losing weight early. 1 to 2 pounds per week. This will assume that the weight which you lose is mostly fat. Weight loss in excess of 2-3 pounds will include muscle and water loss, both of which are unacceptable.
- Reduce the fat in your diet.. Learn what foods are low in fat and eat them.
- Increase the complex carbohydrates in your diet: starches, cereals, breads, pastas. All have a lot of energy and nutrients without the fat (unless you put it on to make it taste better). Don't eat too much protein. It is not as good an energy source, and excess may be stored as fat.
- Eat a balanced diet with a variety of foods: practice good nutrition. Follow guidelines for a healthy diet. If you are restricting your intake, a daily vitamin/mineral supplement is helpful. A basic supplement which meets 100% of the RDA required nutrients is all you need. Anything greater than 100% RDA is a waste (you will deposit the extra in the toilet). If you have extra money to waste, give it to me, not the vitamin companies.
- Drink as much water as possible: Keep yourself well hydrated. This means drinking 8 glasses of water on a normal day. Up to a gallon on hard work out days. Don't drink too much caffeine (soda, coffee, etc.), as this will cause you to lose water through urine. After practice, drink enough water to replace to the weight you lost during practice. Use your weigh-in chart as a guide.
- Eat smaller, more frequent meals: take snacks with you to class. This will keep you from getting too hungry and eating too much when you sit down to a meal. Eat small to moderate portions during your meal.
- Lose weight by burning fat through exercise: to burn fat, you must exercise for long duration - 30 minutes to one hour. Since this will not help your conditioning for wrestling (long is aerobic, you must be anaerobic), all running, biking, rowing, stepping, etc. (anything for conditioning) should be interval training. Sprint cycles are done as hard as possible for 30-40 seconds; rest cycles at a comfortable pace for 90 to 120 seconds. This can be modified to 15-20 second sprint and 15-20 second rest for variety and change in metabolic pathways used for energy.
- Do NOT rely on water loss to lose weight: if you are going to lose weight by sweating, restrict it to the day of weigh-ins. Keep your weight within two or three pounds, fully hydrated, and you can sweat this off within one half hour before weigh-ins. If you are fully hydrated, you can lose this weight quickly by exercising (preferably wrestling).
- Continue to strength train: you must keep lifting weights throughout the season to maintain the strength you gained during the off-season, especially with the rigor of every day practice and weight control.

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### • *Gatorade vs. PowerAde*

|                                  | Gatorade                                                                                                                                | PowerAde                                                                                                                                                                                                                                                                                                                       |
|----------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Main Ingredients</b>          | Salt, sodium citrate and mono-potassium phosphate                                                                                       | salt, potassium phosphate and potassium citrate                                                                                                                                                                                                                                                                                |
| <b>Nutritional Information</b>   | 8 fl oz; calories 50; total fat 0g; sodium 110mg; potassium 30mg; total carbs 14g; sugars 14g<br><br>Has fewer calories which is a plus | serving size 8 fl oz; calories 70; fat 0g; sodium 55mg; potassium 30mg; total carbs 19g; sugars 15g; protein 0g; vitamin b6 10%; vitamin b12 10%; niacin 10%<br><br>Has added vitamins. Vitamin supplements are generally not required in a healthy diet but what the heck, a little extra b6, b12 and niacin isn't a bad idea |
| <b>Sugars to maintain energy</b> | contains sucrose and glucose-fructose for simple sugars                                                                                 | contains High Fructose Corn Syrup (HFCS) and maltodextrin (glucose polymers) for not as simple sugars                                                                                                                                                                                                                          |



Sports drinks are designed to replenish electrolytes and maintain energy levels during exercise or other periods of heavy sweating. Both Gatorade and PowerAde are effective sports drinks. Due to the use of high fructose corn syrup in PowerAde, the winner of this product comparison is Gatorade. Sports, implies healthy and sugar from HFCS is not a healthy thing to be sucking down all day. Remember that sports drinks contain salts and sugars that can add up quickly during the day. They are not a substitute for water. To stay properly hydrated, drink plenty of water and enough of your favorite sports drink to replenish electrolytes.

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