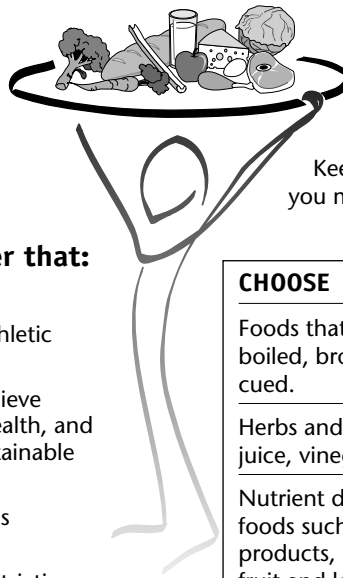


LOSING WEIGHT FOR ATHLETES



Emphasize Quality

Keep a food record each day and check to see which foods you might substitute for others. Here are some suggestions:

Before attempting weight loss consider that:

- Desirable weight loss means fat loss.
- Fat loss is desirable only if it leads to improved athletic performance and maintains good health.
- Many athletes already at their optimal weight believe they are too fat and sacrifice muscle, strength, health, and performance in a futile attempt to reach an unattainable body weight.
- Excessive calorie reduction can lead to muscle loss and slower metabolism.
- Rapid weight loss by dehydration and/or fluid restriction is water loss and can reduce strength, endurance, and overall athletic performance.

A balanced meal plan and an appropriate training program are the keys to success. If you must lose weight, consult a registered dietitian/sport nutritionist.

Goals

1. To reduce body fat.
2. To maintain existing muscle mass.
3. To allow for normal growth and recovery.
4. To provide adequate fuel for training and normal metabolic functions but to create a minor caloric deficit.
5. To maintain a healthy intake of nutrients and fluids.
6. To provide a balanced diet that contains familiar and satisfying food.

Guidelines

1. Allow sufficient time to achieve fat loss goals by planning fat reduction well in advance of any major competitions.
2. Ensure that you eat a high carbohydrate, moderate protein, and fat diet by selecting appropriately from all the food groups. This will provide plenty of fuel for training.
3. Drink plenty of fluids, especially water. Remember that weight loss from dehydration and/or fluid restriction is not fat loss and is dangerous to health and detrimental to performance.

CHOOSE

Foods that have been steamed, boiled, broiled, baked or barbecued.

Herbs and spices, garlic, lemon juice, vinegar, fruit.

Nutrient dense carbohydrate foods such as: whole grain products, cereals, vegetables, fruit and legumes.

Lower-fat dairy products such as skim or 1% milk, lower-fat yogurt, cottage cheese, frozen yogurt, partly skim milk cheese, etc.

Lean well-trimmed meats, fish, skinless poultry, and meat alternatives such as beans, etc.

Snacks such as: whole grain muffins, oatmeal cookies, fresh fruit, lower-fat frozen yogurt, hot air popcorn, fig Newton's, rice cakes, vegetables sticks, etc.

Nuts, seeds, and oils (such as olive, canola, soy) in small amounts.

USE SPARINGLY

Foods prepared in fats and oils i.e., fried, deep-fried, sautéed.

Butter, margarine, gravies, sauces, bacon bits, mayonnaise.

Foods high in fat and/or sugar with few nutrients.

Higher fat dairy products, i.e., butter, cream, ice cream, etc.

Fatty cuts of meat, bologna, salami, sausage, bacon, wieners, luncheon meats, etc.

Foods low in nutrients such as: candy bars, potato chips, candy, cake, pastries, Danishes, table sugar, syrups, soft drinks, honey, etc.

Helpful Hints

1. Eat frequent meals and snacks to help control hunger and to avoid over eating.
2. Have breakfast, even if you get up late.
3. Eat most of your food during the day.
4. If you are hungry near bedtime, snack on nutrient dense foods such as: vegetables, fruit, whole grain cereal, skim milk or lower-fat yogurt.
5. Plan your food intake for the day. Prepare and pack appropriate foods rather than relying on canteens and fast food outlets.
6. Eat meals slowly, chewing your food thoroughly. Enjoy your food!
7. Learn to eat only to the point of satisfaction. Don't eat until you're stuffed.
8. Drink plenty of water. Don't dehydrate your body to lose weight.
9. Prepare and stick to a shopping list. Don't shop when you are hungry.

SNAC Sport Nutrition Advisory Committee
Comité consultatif sur la nutrition sportive

