



OhioHealth Sports Medicine for Student Athletes

Healthy Weight Loss

Weight Loss:

The best time for weight change is off-season or early pre-season. Losing weight slowly helps maintain muscle mass and promote fat loss. Half a pound to two pounds a week is a good goal. For female athletes, if your menstrual cycle stops, the calorie restriction is likely too great and should be relaxed.

Strategies:

- + Reduce portion sizes - try cutting them by 1/2 to 1/3 at meals and snacks
- + Eat breakfast, lunch and dinner
 - Include a protein source, whole grain, and fruit or vegetable
 - Choose low-fat or fat-free dairy options
- + Include small snacks before and after practice to promote energy and recovery
 - Pretzels and string cheese
 - Granola bar and low-fat yogurt
 - Graham crackers and low-fat pudding
 - Veggies and hummus
- + Increase water
- + Increase fiber for fullness
 - Whole wheat bread, Raisin Bran or Shredded Wheat cereal, brown rice
 - Fruits - oranges, apples, kiwi, melon, pineapple
 - Vegetables - salads, carrots, cucumbers, broccoli, celery, sweet potatoes, eggplant, cherry tomatoes, greens
- + Avoid soda, juice and sugar-based drinks

(Continued on back)

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Healthy Weight Gain

Weight Gain:

Need to gain additional weight and muscle mass to improve performance? Adding an extra 300-500 calories a day will promote muscle gains rather than body fat, as long as resistance training is also included. Here are some safe and effective strategies.

Strategies to Gain Muscle Mass:

- + Eat breakfast, lunch and dinner
 - Try to include protein, grains, fruits or vegetables, and dairy
- + Add snacks between meals and before bed
 - Trail mix and dried fruit
 - Cottage cheese and pineapple
 - Cheese and crackers
 - Guacamole and tortilla chips
 - Peanut butter and jelly on whole wheat bread
 - Granola and yogurt or milk
 - Smoothies or meal replacement shakes/bars
- + Drink milk with meals, try 1% or 2% for additional calories
- + Increase portion sizes
- + Eat before and after training
 - Carbohydrates (40-80 grams) for energy
 - Protein (10-20 grams) for muscle growth and repair

NEED MORE
INFO?

To learn more about healthy weight changes, visit
OhioHealth.com/SportsMed-Nutrition.

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