

Weight Loss in Sport

The desire for an athlete to lose weight should be rooted in performance. Weight loss *can* improve power to weight ratio, agility, speed and/or endurance. Some sports also dictate body weight categories and aesthetic requirements as part of the selection or judging process. A realistic weight goal is one that does not compromise performance and growth, but leads to a gradual decrease in weight of 0.5-1.5 pounds per week. Ideally, this loss should occur during the off-season or early preseason.



SET YOURSELF UP FOR SUCCESS

- 1. Consult a sport dietitian** to assist you with an individual plan to meet your goals while maximizing energy and performance.
- Your sport dietitian might suggest a **baseline assessment** to determine current weight and body composition and to set realistic goals.
- 3. Plan ahead** and outline meals and snacks for the week. Make a list and stick to it while shopping at least once per week to ensure access to the appropriate foods. Check your dining hall to see what is on the menu and have a **plan** of choosing those foods that will meet your weight loss goals.
- 4. Manage portion sizes** using the Weight Management Athlete Plate as a guide. Start by filling half of your plate with veggies (and vary the color!) and then add a lean protein and grain or carb source. Stick to one plate, instead of making multiple trips to the food service line.
- 5. Listen to your body** and stop eating when you are satisfied rather than "full." Eat slowly to give your body "time to recognize the feeling of being satisfied."
- 6. Eat mindfully.** This involves being fully aware of why, how, when, where, and what you eat.
- 7. Logging your food and fluid intake** is a great way to create awareness, identify areas for improvement, and ensure accountability.
- 8. Consistency is key** when making food choices. At each meal and snack, choose foods that support your weight loss goals. Eat every 3-4 hours to manage hunger and satiety.
- 9. Watch your liquid calories** to avoid consuming extra calories in sweetened sodas, teas, juice or specialty coffee drinks. Stick to water or unsweetened tea or coffee.

Weight Loss Checklist

- ✓ **Prioritize protein** by including an appropriate serving size in every meal and snack. Lean protein sources include: skinless poultry, fish, lean meat (look for round or loin cuts), low-fat dairy, eggs, tofu and beans
- ✓ Focus on making your **carbs whole grain** whenever possible
 - ▶ Brown/wild rice, quinoa, oatmeal, corn tortillas, whole wheat breads, pasta, crackers
- ✓ Add **color** by filling half of your plate with veggies and snack on **fruit** (not juice) and veggies
- ✓ Add **healthy fats** in small amounts to keep you full longer
 - ▶ Nuts, seeds, oily fish, avocado, plant oils
- ✓ Remember, **alcohol has calories**. Minimize or avoid these extra calories.
- ✓ **Avoid skipping meals**. Try and eat small meals, snacks every 3-4 hours to stabilize blood sugar, prevent hunger and overeating at meals. Snacks should include either healthy fats or a source of lean protein with the carb, fruit or veggie.
- ✓ When **dining out**, check the nutrition information before going. Choose grilled, baked, roasted, broiled and steamed options. Be aware of portion sizes.

Low Calorie Snack Ideas

- 1 cup baby carrots + 1-2 Tbsp. hummus
- 1/4 cup dried mango + 1-2 hard-boiled eggs
- 1 cup popcorn + 1 low-fat string cheese
- 8-12 oz. soy or low-fat milk
- 1/2 cup shelled sunflower seeds
- 1-2 oz. jerky + medium apple
- 6-8 oz. low-fat Greek yogurt
- 1 rice cake + 1 Tbsp. peanut/almond butter
- 2-4 oz. turkey/ham/roast beef + medium orange
- 1 1/2 cup Kefir
- 1 oz. almonds, peanuts, walnuts, pistachios
- 6 celery sticks + 1-2 Tbsp. peanut/almond butter
- 1/2 - 1 cup edamame
- 1/2 cup beans + 1/2 cup brown rice + salsa
- 1 cup low-fat chocolate milk
- 1/2 turkey & veggie wrap with 1/2 Tbsp. hummus
- 1/4 cup trail mix
- 1/2 whole wheat English muffin + 1 Tbsp. peanut butter + 1 tsp. honey

Other Recipe Ideas

Pumpkin Yogurt: Combine 1/2 cup nonfat plain Greek yogurt with 1/4 cup pumpkin puree. Sweeten with stevia, 1/4 tsp. vanilla extract and pumpkin pie spice blend.











Red Pepper and Goat Cheese: Slice one medium red pepper and enjoy with 2 Tbsp. soft goat cheese.

Jicama and Honey Mustard Dip: Peel and slice 1 1/2 cup jicama and dip into a mixture of 1 Tbsp. Greek yogurt, 1 Tbsp. mustard, and 1 tsp. honey.

Broccoli and Tzatziki Sauce: Combine 2 Tbsp. plain nonfat Greek yogurt, 1 tsp. lemon juice, and 1 Tbsp. minced cucumber. Dip six broccoli florets into sauce.

Cukes and Cream Cheese: Cut one medium cucumber into strips. Combine 2 Tbsp. diced roasted red pepper, 2 Tbsp. low-fat cream cheese and 1/4 tsp. cracked pepper. Spread mixture onto cucumber strips.

Cottage Cheese and Cantaloupe (or berries): Top 1/2 cup low-fat cottage cheese with 1/2 cup diced cantaloupe.

SHIFT FROM:		SHIFT TO:
High-Calorie Snacks		Nutrient-Dense Snacks
		
Fruit Products with Added Sugars		Fresh Fruit
		
Refined Grains		Whole Grains
		
Snacks with Added Salt or Sugars		Snacks without Added Salt or Sugars
