



OhioHealth Sports Medicine for Student Athletes

Maintaining a Healthy Weight

Healthy Weight Loss:

The best time for athletes to lose weight is during the off-season or early in pre-season. A gradual weight loss of 1/2 to 2 pounds a week is the best way to maintain muscle mass. A rapid drop in weight often results in a loss of fluids and muscle mass, rather than fat mass. For female athletes losing weight, if their menstrual cycle stops, the calorie restriction is likely too great and should be relaxed.

- + 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 with string cheese
 - Granola bar with low-fat yogurt
 - Graham crackers with 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

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A FAITH-BASED, NOT-FOR-PROFIT HEALTHCARE SYSTEM

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O'BLENESS HOSPITAL + MEDCENTRAL MANSFIELD HOSPITAL + MEDCENTRAL SHELBY HOSPITAL + WESTERVILLE MEDICAL CAMPUS
HEALTH AND SURGERY CENTERS + PRIMARY AND SPECIALTY CARE + URGENT CARE + WELLNESS + HOSPICE + HOME CARE
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Healthy Weight Gain:

Often athletes need 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.

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

NEED MORE
INFO?

To learn more about OhioHealth Sports Medicine, call (614) 566-GAME (4263) or visit OhioHealth.com/SportsMedicine.

We offer same-day appointments for injured athletes.

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