



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

(Continued on back)



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