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)
OhioHealth Sports Medicine for Student Athletes

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

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