

NUTRITION TIPS APRIL 2020 NEW NORMAL

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The current situation requires you to think about modifying your nutrition plan to support your current fueling and nutrient requirements. Making a few adjustments to match your training during the COVID-19 Pandemic is suggested. Below are a few strategies to consider.

4 Nutrition Strategies for Wrestlers during COVID-19

- One way to help with weight management during times of reduced wrestling training is to look at your new schedule and plan a **NEW** feeding schedule that matches your current training and situation. You might remove some snacks / fueling that you would normally have for wrestling practices. **REMEMBER: DO NOT avoid or skip meals completely or eliminate food variety.** Avoid going more than 4 hours without eating. A routine can help limit the aimless wandering into the kitchen and constant snacking.
- Supper/Dinner should not be the largest meal of the day. If you have been restricting food earlier in the day, the tendency is to make it up here. Be mindful around this time of day. For many of you, your 2nd wrestling practice started at 4:00 pm or late afternoon. This usually required a post recovery feeding and dinner to ensure optimal recovery. This was out of necessity but also it created eating habits around this time of day. Adjust to your new training schedule and ensure you are eating for your needs not for your habits.
- Healthy distractions or new hobbies might be required to minimize boredom eating. Look at time consuming tasks that you can complete between main meals (i.e. cleaning (woohoo), puzzles, reading, learning a new language, taking an online course, meditation, wrestling video analysis). Consider discussing options with a mental performance consultant or your coach. **Before you reach for a snack** consider: a) the last time you ate and b) your hunger status.
- **Avoid buying items you know you struggle with eating in an appropriate serving.** Don't rely on will power, not the time to test it out! Items that often create problems include bulk treats (chocolate, candy, trail mix), crackers, chips, nut butters (i.e. peanut butter), snack foods (granola bars, granola/high density cereals, cheese, nuts, seeds), or things you really really like.