



# GATORADE SPORTS SCIENCE INSTITUTE

## THE WEIGHTING GAME

Leslie Bonci, M.P.H., R.D., CSSD, Pittsburgh Steelers sports dietitian

For athletes who want to gain mass, decrease fat, or both, timing is everything. Weight goals should be addressed well in advance of the season and again at the end of the season. Athletes need to set realistic and achievable goals that do not compromise sports performance, and they need to be committed and willing to make the necessary changes in their diet.

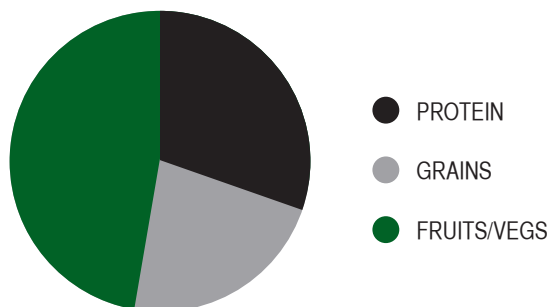
This year at Steelers training camp, players who need to make changes to body composition tried WANE and GAIN, the WANE plate to lose body fat and the GAIN plate to gain mass.

### TO DECREASE BODY FAT (WANE)

**The body loses fat at a rate of 1/2 to 1 pound per week: 250-500 fewer calories per day**

- Keep a record for a week to see what your typical eating and drinking pattern looks like
- Eat 3 meals a day in addition to 1 or 2 snacks, but think about how much you eat
- Remember, almost everything has calories, and don't forget that liquids count as calorie sources

### THE WANE PLATE



### TO ADD MASS (GAIN)

**The goals for weight and strength gain should be 1/2 to 1 pound per week: At least 500-1000 extra calories every day**

Players should:

- Keep a food log so they can see, what, when and how much they eat and drink every day
- Increase the number of meals, not just the size of meals
- Everything has to count, including calories with foods and beverages

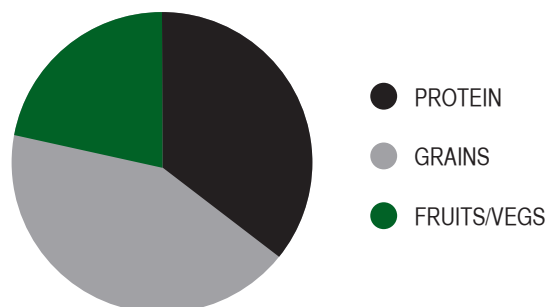
### Weight Gain Strategies:

- To gain 1 pound of muscle a week you need an extra 30 grams of protein a day. Or a 4 ounce chicken breast, 3 slices of deli meat, a small burger, or a 3 ounce can of tuna
- Have a pre and post-activity nutrition plan in place
- Eating must be a priority. Three meals plus 2-3 snacks every day! It is easier to eat more often than to eat huge amounts at one meal.

### Keep food around:

- Greek yogurt with fruit
- Sports bars containing protein
- Apple or banana with peanut butter
- Tuna salad and crackers or cheese and crackers

### THE GAIN PLATE



**To optimize performance and create a great plate, pick from these and adjust amounts depending upon goals.**

### BEST BETS

PROTEIN	GRAINS	FRUITS/VEGETABLES
Beef	Rice	All fresh fruit/canned in juice/frozen unsweetened/dried
Chicken	Pasta	Salad
Seafood	Bread	Steamed vegetables
Turkey	Cereal	Roasted vegetables
Eggs/egg whites	Oatmeal	Stir-fried vegetables
Ham	Pita	Beans
Cheese	Wraps	Edamame
Cottage cheese	Bagels	Baked white or sweet potatoes
Yogurt		Frozen fruit bars

### WHAT WORKS

- Absolutely no skipping meals
- Portions (never eat anything bigger than your head)
- Using a smaller glass for beverages or put a little less food on the plate
- The chew factor- when you eat a meal, sit and chew, don't just drink