

## CALORIES NEEDED TO MAINTAIN WEIGHT ACCORDING TO WRESTLING WEIGHT CLASS

General Activity				Exercise		
Wt. Class	Calories	Protein	Carbs	Calories	Protein	Carbs
103	1,680	500	1,180	2,250	500	1,750
112	1,800	540	1,260	2,430	560	1,870
119	1,880	560	1,320	2,560	595	1,965
125	1,940	580	1,360	2,620	625	1,995
130	1,965	590	1,375	2,680	650	2,030
135	1,990	600	1,390	2,780	675	2,105
140	2,020	610	1,410	2,810	700	2,110
145	2,080	625	1,455	2,890	725	2,165
152	2,130	640	1,490	2,970	765	2,210
160	2,200	660	1,540	3,110	800	2,310
171	2,320	700	1,620	3,270	855	2,415
189	2,420	730	1,690	3,490	945	2,545
215	2,550	770	1,780	3,780	1,075	2,705
250	2,940	880	2,060	4,200	1,250	2,950

Protein needs with exercise  $1.25\text{gm./lb.} \times 4\text{cal/gm.} = \text{calories}$

Protein needs with General Activity calculated at 30% of total calories.

With high intensity protein may need to be at 35% of total calories

Divide total calories, proteins and carbohydrates by 4.

Eat  $\frac{1}{4}$  of your calories at breakfast,  $\frac{1}{4}$  at lunch and  $\frac{1}{4}$  at dinner: use the remaining  $\frac{1}{4}$  and divide that into 2 snacks.

In order to lose weight; eat 500 calories less each day and you will lose about 1 pound per week.

Use the attached table of foods for a rough estimation of how much you should eat at every meal.

Consider taking a multivitamin if you cannot eat a wide variety of foods.

**Basic Energy Expenditure BEE**  $\ominus = 66 + (13.7 \times \text{wt. Kg.}) + (5 \times \text{ht. cm.}) - (6.9 \times \text{age})$

**General Activity GA:** is the calories needed if you are not exerting yourself.

$\text{GA} = 1.2 \times \text{BEE}$

**Lean Body wt. = total body wt. - (% fat x actual weight)**

Decrease by 500 calories day and loose 1 pound per week

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## CARBOHYDRATES

Cheerios 2 cups	210	Alphabets 2 cups	300
Carnation instant breakfast	220	Oatmeal 1 cup milk/sugar	200
Bagel plain	200	English Muffin	150
2 cups plain cereal	210	1 Dunkin' Donut	300+
2 cups cereal sweet	300	2 Slice Bread	150
2 French Toast	300	2 Pancake	200
2 Waffles	200	Maple Syrup 6 tbsp.	200
Apple	100	Orange	100
Apple Juice 12 oz.	165	Orange Juice 12 oz.	150
Grapefruit	100	1 Banana	120
Grapes 1 ½ cup	100	Raisins 1 ½ cup	260
Pear	100	Jelly 2 tbsp.	100
Hard Roll	200	Hoagie Roll	240
Pasta 1 cup	200	Ramen Noodles	190
Rice brown 1 cup	220	French-fries 16 pieces	200
Rice white	260	Vinegar 6 tbsp.	60
Potato baked w skin	220	Olive Oil (Fat) 1 tbsp	120
Potato mashed w butter	250	Bell Pepper whole	50
Broccoli 5 cups	100	Cabbage 1 head	150
Carrot	60	Cauliflower head	150
Cellary 2 stalk	20	Corn plain 1 cup	200
Green Beans 1 ½ cup	100	Cucumber 1	40
Tomato	80		

## PROTEINS:

2 Eggs	150	Bacon 3 strips	150
2 Eggs scrambled	200	Canadian Bacon 3 pc.	100
Milk whole 8 oz.	120	Sausage 1 large	250+
Milk 2% 8 oz.	100	Chicken ¼ lb.	160
Milk skim 8 oz.	80	Turkey ¼ lb.	160
Milk cream ½ & ½ 8 oz.	300	Ham lean ¼ lb.	180
Cheese ¼ lb.	400	Hamburger ¼ lb. lean	400
Cheese 1 slice	80	Yogurt plain 8 oz.	120
Cream Cheese 2 tbsp.	100	Yogurt flavored 8 oz.	180
Cottage Cheese 8 oz.	80	Poly-O string cheese 1	80
Beef ¼ lb.	250	Fish/Flounder ¼ lb.	140+
Hot Dog	200	Shrimp 16 large	100
Tuna plain in water 8 oz.	180	Tuna Salad 6 oz.	300+
Peanut Butter 2 tbsp.	200		

## Miscellaneous:

Butter 3 pats	100	Calazone	1000	MacBacn/egg/cheese	550+
Cappuccino	200+	Coke 20 oz.	200	Chili 1 cup	285
BigMac chs	560	Db.Whppr ch	960	Egg Roll	300+
Ice Cream ½ c	270+	Chips any 1oz.	175	Pizza slice	250+
Nachos Bell Grande	770	Eggnog 8 oz.	340	P & J sandwich	450

The above are approximate and all are not pure proteins of pure carbohydrates. Try and eat something from all food groups at every meal.