

KARATE BC

By Stephanie Dang, Registered Dietitian



MAKING WEIGHT

Rapid weight loss strategies negatively impact performance by impairing fuelling and recovery. This prevents athletes from performing to their full potential! Rapid weight loss may also impair immune function and increase injury risk, meaning that training sessions or competition events are missed due to illness or injury.

Weight-class athletes are encouraged to train close to their competition weight, and not to lose more than 2% of their weight through rapid weight strategies. This will ensure you are training and competing to your fullest potential.

TIPS FROM YOUR SPORTS DIETITIAN:

- Train close to (within ~2kg) of your competition weight
- Avoid excessive weight gain in the off-season or when you are injured
- Avoid dehydrating to 'make weight' as this can negatively impact performance and health
- Avoid fad diets, or diets that eliminate whole food groups (ex. juice cleanses, carbohydrate-free diets, fat-free diets)
- Your training program should complement your weight loss strategies. Weight training may need modification if you are gaining too much muscle mass.
- Be aware of non-hungry eating, for example out of boredom or procrastination
- Protect your bones by always including dairy or other calcium-containing foods in your diet (fortified soy milk, calcium-set tofu, almonds)
- Include lean protein at meals and snacks to help manage appetite and reduce muscle loss
- If you're constantly worried about your weight or diet, seek support from a Sports Dietitian

Everyone's diet and nutritional needs are different. The best way to assess your dietary intake and your needs as an athlete is to book a session with a Sports Dietitian. To optimize your athletic performance, you must take your nutrition as seriously as you take your training – you won't regret it!

Want to know more about how to optimize your nutrition?
To book an individual consultation please email highperformance@richmondoval.ca

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TIPS: FOR WHEN YOU ARE TRYING TO CUT WEIGHT

- Be realistic with your weight loss goals. With the right training and diet, aim for a loss of ~0.5kg per week. Losing weight faster than this will likely result in a **loss of muscle mass and water** along with body fat, which is not ideal for a healthy athlete.
- Eat breakfast! Include at least **15-20 grams of protein and some fiber**. This will help keep you full throughout the day. An example breakfast could be:
 - o **¾ cup plain, low fat Greek yogurt, ½ cup berries, a piece of whole grain bread with 1 tbsp nut butter, and a big glass of water**
- For lunch and dinner: include lean protein, whole grains, and lots of vegetables.
 - o Lean protein: chicken or turkey breast, white fish, seafood, legumes, and tofu.
 - o Whole grains: brown rice, quinoa, whole-wheat pasta, and barley.
 - o Use spices to season food instead of dressings or sauces
 - o When cooking, don't use more than 1-2 tbsp of oil
- Snack smart. Choose nutrient-dense snacks that don't contain a lot of calories. Examples:
 - o **Fruit and vegetables, boiled eggs, whole grain crackers and hummus, low fat yogurt or cottage cheese, jerky, or boiled eggs**
- Limit high-energy/processed foods (ex. pop, juice, baked goods, fast food, alcohol, etc.)
- Meal prep. Make sure you always have healthy foods accessible at home for meals and snacks.

TIPS: FOR WHEN YOU ARE TRYING TO GAIN WEIGHT

- Aim for a weight gain of 0.25 – 0.5 kg per week. Weight gain faster than this may result in fat gain instead of gaining muscle mass.
 - o Aim for an **extra ~500 calories per day** (ex. an additional big snack or small meal)
- Eat every 2-3 hours. Meal planning is important to make sure you don't miss out on any meal or snack times. Good snack choices include: **granola bars, trail mix, bagel & cream cheese, nut butter sandwich, cheese and crackers**
- Have a recovery meal/snack after **every** workout. Eating protein and carbohydrates together results in greater muscle protein synthesis compared to eating either alone. Examples: **chocolate milk, smoothie with protein powder, Clif bars, meat sandwiches**
- Choose higher calorie options. For example, full fat milk or yogurt, nuts and seeds, granola, cheese, meat products, fruit juice instead of water, and meal replacement drinks