

ing your meals with low-calorie protein powder; staying cool so your metabolism remains higher for heat production; training regularly and incorporating aerobic training with your anaerobic exercise.

As an athlete wishing to lose weight you should try to lose fat weight. If you are within a few pounds of "making weight" short-term dehydration can be beneficial, as long as you replenish lost fluids quickly. Supplementing with amins and minerals can be crucial here along with electrolyte drinks for rehydration.

When you are on a fat loss diet, you should only lose about two pounds a week. Since one pound of fat contains 3,500 calories, if you decrease your daily caloric intake by five-hundred calories and incorporate more aerobic training in your overall exercise program, you can comfortably lose two pounds each week. By doing this in a gradual manner and including weight training in your activities, you will be less likely to lose lean weight in addition.

RECOMMENDED FOODS FOR GAINING MUSCLE MASS AND LOSING FAT

Breads & Cereals

Instructions: Eat 6-8 small servings of these foods daily (spread over 5 meals)

Whole Wheat Breads
Whole Grain Cereals
Whole Grain Pasta
Brown or Wild Rice
Plain Popcorn
Lentils
Sweet Potatoes or Yams
Beans

Avoid: refined or fiber-free breads, cereals, grains and pastas

Fats

Instructions: Eat no more than two SMALL servings of these foods daily (e.g., during meals 1, 3 or 5).

Canola or olive oil

Avoid: Nuts, gravy, margarine, butter, avocados, all rich sauces, fried food, mayonnaise

Fruits

Instructions: Eat three or four of these fruits daily (spread over 3-4 meals)

Northern Hemisphere
fruits preferred, with
Southern Hemisphere
Fruits (e.g., bananas, mangoes, etc.)
not eaten in pre-workout or pre-competition meals

Avoid: All dried or canned fruits

Meats

Instructions: Eat 5 small servings of these foods daily (spread over 3-5 meals)

Any lean meats (Broiled)
Lean fish (Broiled)
Egg Whites
Lean Poultry (Broiled)
Lean Shellfish

Avoid: Oil-packed fish, mackerel, salmon, luncheon meats, smoked fish and meats, egg yolks.