The Keys to Muscle Weight Gain for Tennis Players.

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United States Tennis Association.

ABSTRACT

This paper reviews the facts on muscle weight gain. It provides key measures in the calculating a player’s diet and questions for coaches and players to discuss. The article also focuses specifically on nutritional facts related to carbohydrates, proteins and fats associated with increasing muscle growth.

TOP TEN WEIGHT GAIN TIPS

1. Plan on at least three full meals and two snacks each day.

2. Never skip meals, and try not to go more than three hours without eating.

3. Choose high-calorie side dishes like starchy beans, peas, or couscous.

4. Double or triple the portions of carbohydrates or proteins at meals (for example, have 3 cups of pasta or rice instead of one, or have a 6-oz. can of tuna rather than a 3-oz. can).

5. Drink a minimum of three cups of milk per day. Consider a fourth portion of dairy in the form of yogurt or a milkshake made with ice milk or ice cream.

6. Consider adding a milkshake or weight gain supplement (like Ensure®, Nutrament®, Boost®, or Gatorade Recovery Shake® to a meal). Add other foods to the shake/drink, like a banana, some peanut butter, dried milk powder, or chocolate syrup.

7. Drink a cup or two of darker juices each day, like grape or cranberry juice.

8. Eat your foods first and sip beverages during meals. Finish most of the volume of beverages at the end of meals.

9. Consider adding high-calorie toppings to foods, like parmesan cheese, other grated cheeses, chocolate syrup, peanut butter, nuts, and dried milk powder.

10. Do not use diet foods; instead, maximize your calorie intake by using regular butter, salad dressings, cream cheese, sour cream, and so on.

KEY WEIGHT GAIN FOODS

Carbohydrates

Grains: granola bars and energy bars, biscuits, cornbread, donuts, muffins, croissants, scones, cookies, cake, most bakery items made from traditional recipes

Fruits: canned fruit in syrup, fruit juices (100% fruit, darker coloring like grape and cranberry), bananas, raisins, most dried fruits
Vegetables: tomato or carrot juices, avocado, olives, potatoes (especially sweet potatoes), peas, corn, squash (winter), starchy beans, creamy vegetable soups

Proteins

Dairy: whole milk, cottage cheese, yogurt with fruit, ice cream, milkshakes, cheeses, sour cream, cream-based soups, puddings, custards, most whole dairy products

Meats: dark chicken meat, canned tuna or salmon in oil, steak, ribs, regular hot dogs, salami, bologna, pepperoni, nuts, omelets, eggs

Fats

Creamy dressings, real butter, peanut butter, cream cheese, nuts, avocado, olives, sauces, real cream.