



Performance Nutrition for **Wrestlers**

A Practical Handbook to Mastering the Sport's Complex Nutrition Puzzle

10 Snacks to Keep Fueled all Tourney Long

Don't let nutrition be your limiting factor during the wrestling tourney. Choose foods high in carbohydrate to replenish your energy stores but limit foods with lots of fat and fiber that are harder to digest.

- 1. Fruit. Melons, grapes and oranges are great choices to help replenish energy stores. Fruits without peels have less fiber and are easier to stomach.*
- 2. Bagel w/ low fat spread. Choose a low fat peanut butter or low fat cream cheese spread.*
- 3. Breakfast shake: Includes protein which not only helps rebuild muscle but aids with rehydration. Also great for wrestlers that have trouble "stomaching" solid food before matches*
- 4. Bread w/ jelly or honey. Sweet way to restore energy, high in carbs and low in fat and fiber*
- 5. Low fiber cereal: Tasty, quick and convenient*
- 6. Low Fat Yogurt: Top with low fat granola or cereal for a low fiber high carbohydrate option*
- 7. Fruit Juice. An excellent option for quick energy and antioxidants*
- 8. Pretzels/crackers. Help replenish both glycogen and sodium*
- 9. Low Fat Chocolate Milk: Facilitates rehydration, replenishes energy stores and protects lean tissue*
- 10. Energy chews/gels: Quick to eat and absorb, while easily tolerated when whole food is not*