

# Nutrition Quick Tips for Wrestlers

## **Breakfast Ideas:**

Breakfast is the most important meal of the day! Get your body started right

1. Yogurt or with cereal
2. Bran Muffins
3. Bagel with Low Fat Cream cheese
4. Raisins & Peanuts
5. Graham Crackers & peanut butter
6. Fruit smoothies
7. Instant breakfast drinks
8. Low fat Milk -1% or Skim (cereals should be low in sugar)

## **Fruits & Veggies:**

Eat more, 10 serving per day and more often throughout the day

Fruits: Orange, Grapefruit, Nectarine, Banana, Strawberries, Pineapple, Cantaloupe, Tangerine, Blueberries, Mango, Apricot, Kiwi, Cherries

Veggies: Broccoli, Green pepper, Cabbage, Cauliflower, Tomatoes, Carrots, Lettuce, Asparagus, Spinach, Plain White Baked Potatoes, Squash, Peas

## **Sport Drinks Fact & Fiction:**

- Water is best for competition before, during & after
- Sport drinks with SMALL amounts of sugar, sodium & carbohydrates can help with hydration
- Sport drinks high in caffeine actually promote dehydration (Red Bull, Ripped fuel, etc.)

## **Game Day Grub:**

After the Game: Take in fluids within 30 minutes, Refuel with healthy fruits/veggies & snacks low in fat.

All Day Events: Pack a several small meals low in fat & sugars. DO NOT count on concession to have healthy foods.

Ideas: Dried, fresh, canned or frozen fruit (plum, melon, peach, cherries, orange, banana, pineapple) Breads like bagels, bread sticks, English muffin, 100% fruit juices, Lean meat sandwich, low fat cheese & crackers, Pasta and/or Rice with veggies or lean meat, Yogurt, Cottage cheese (low-fat), Cereal, beans.

Things to AVOID: Candy, sugar, soda pop, caffeine, fried foods, Large meals, High Fat foods.

## **Nutrition Facts & Fiction:**

- Carbohydrates Make you fat. Only if you large amounts and you are not exercising. Carbs are needed for energy. Excess calories of any kind increase weight
- Eating more Protein builds muscle. Eating excess protein will not increase muscle growth-muscles grow through exercise. Protein supplements DO NOT contain more than a serving of chicken, meat or fish
- Low Fat foods are low in calories. Many low fat foods contain sugars making them higher in calories. Read labels
- Eat sugar before competition will increase athletic performance. Sweets actually cause rapid energy swings, which result in low blood sugars and less energy.
- Energy bars enhance performance. Many sport bars lack fiber, are high in calories, are expensive and a regular cereal bar can provide as much nutrition at a much lower cost