

WISCONSIN WRESTLING MINIMUM WEIGHT PROJECT



Cooler Tips For Tournaments

5 tips for packing high energy foods on tournament days:

- **Forget the fats.**

Fats take longer to be digested and they aren't an efficient fuel for your working muscles.

- **Stash more starches.**

This type of carbohydrate gives you long lasting energy to keep your muscles quick and your brain sharp.

- **Easy on the sugars.**

The boost you get from sugar won't last long.

- **Save space for fluids.**

Pack plain water, diluted fruit juice or sports drinks to replace water lost perspiring throughout the day.

- **Fuel up between matches:**

1 hour or less between matches ☛ drink sports drink or diluted fruit juice (mix equal parts juice & water).

2-3 hours between matches ☛ have a small meal that's high in carb, moderate in protein and low in fat such as a lean meat sandwich and a piece of fruit.

QUIZ QUESTION: Which cooler should you choose on tournament day?

#1

Pop
Candy bars
Salami sandwich
Potato chips
Fruit

#2

Graham crackers
Lemonade
Cold cheese pizza
Bread sticks
Fresh fruit

#3

Diluted fruit juice
Hot dog on a bun
Ritz® crackers
Oreo® cookies
Fresh fruit

ANSWER:

Cooler #1 is packed with mostly high fat, high sugar foods. Cooler #1 wouldn't help you be #1!

Cooler #2 is the best choice – these foods are high in carb, moderate in protein and low in fat. The cheese pizza is a good lunch main dish. Crisp bread sticks and fruit are great high carb snacks. The lemonade could be diluted if you needed to drink within an hour of a match.

Cooler #3 has some good choices, like fruit and diluted juice. The high fat Ritz crackers could be replaced with saltines; angel food cake, animal crackers or graham crackers are low fat alternatives to Oreos. Instead of a fatty hot dog, choose a lean meat or tuna sandwich.

