

# Wisconsin Wrestling Minimum Weight Project

## Making The Concession Stand More Wrestler Friendly

Traditionally, concession stands at athletic events have focussed on the needs and desires of the spectators. However, for all-day events such as wrestling tournaments, athletes often rely on the food at concession stands to fuel their bodies. The traditional concession stand foods (hot dogs, chips, candy, pizza, BBQ, and soda) are not wise choices for wrestler to make prior to competition. Most of these foods are high in fat. Fat slows down the rate at which food leaves the stomach, so foods high in fat sit in the stomach for a longer period of time. Ideally, an athlete's stomach should not contain any food when he or she competes.

The foods an athlete eats on the day of competition should be high in carbohydrate. Carbohydrates can be digested by the body faster than proteins or fats, and provide the fuel that working muscles prefer. High carbohydrate foods are most breads, cereals, fruits, and vegetables. The following is a list of high carbohydrate, low fat foods that can be conveniently sold at concession stands:

- \* Fruits (fresh or canned) such as bananas, apples, pears, peaches, grapes, oranges, etc.
- \* Fruit juices and/or sports drinks (Gatorade, Exceed, etc.).
- \* Bread and low fat baked items: bagels, angel food cake, bread sticks, graham crackers, soda crackers, English muffins.
- \* Low fat cookies such as fig bars, vanilla wafers, or gingersnaps.
- \* Candy such as licorice, jelly beans, orange slices, or hard candy.
- \* Popcorn (air popped with little or no butter) or pretzels.
- \* Skim milk or hot chocolate made with skim milk.
- \* Frozen juice bars, fudgesicles, low fat frozen yogurt, sherbet.
- \* Submarine sandwiches made with lean meat and low fat cheese.
- \* "Fun-pack" size boxes of breakfast cereals. Serve them as a snack to eat dry!

# CONCESSION STAND RECIPES

## Mini-Pizzas

- Ingredients:** English muffins  
Spaghetti sauce (keep it warm in a crock-pot or slow cooker)  
Shredded mozzarella cheese  
Sliced mushrooms *(Optional)*  
Chopped green pepper *(Optional)*  
Chopped onion *(Optional)*  
Diced lean ham *(Optional)*
- Directions:** Split English muffins in half. Top each half with 1 tablespoon of spaghetti sauce. Then top each half with cheese and other optional toppings. Place mini-pizza under a broiler, heat lamp, or in the microwave, just long enough to melt the cheese. Serve hot.

## Submarine Sandwich

- Ingredients:** 4" sub sandwich roll  
1 tablespoon "light mayo" or 1 teaspoon mustard  
2 slices tomato  
2 lettuce leaves  
2 thin slices of lean ham  
1 slice of "light cheese"  
Onion *(Optional)*