

# 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

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**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.

