



# WISCONSIN WRESTLING MINIMUM WEIGHT PROJECT

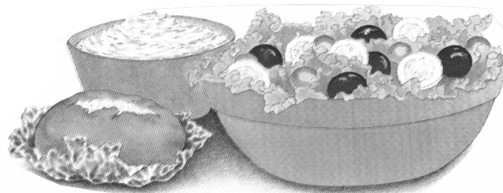
## FAST-FOOD ALTERNATIVES

Fast foods are quick and easy. But, many of these foods are high in fat and calories. Most people don't need more fat in their diet because the body stores it so efficiently.

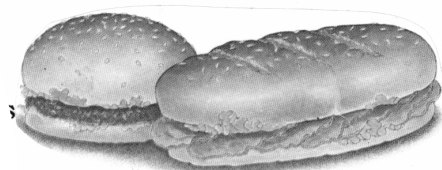
Carbohydrates provide energy much more quickly than fat. They are also a source of stored energy. The storage form of carbohydrate, glycogen, fuels muscle contractions; this is another reason athletes need a high carbohydrate diet.

### EAT MORE OF THESE

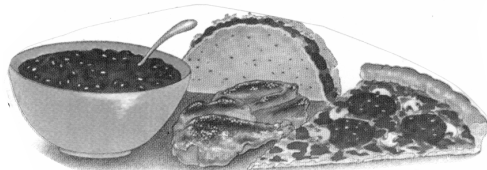
Baked potato,  
coleslaw, salad



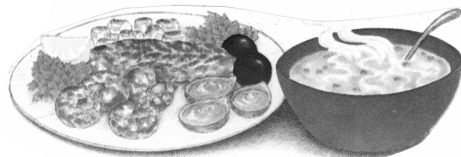
Roast beef, lean  
ground beef,  
grilled chicken,  
turkey sandwiches



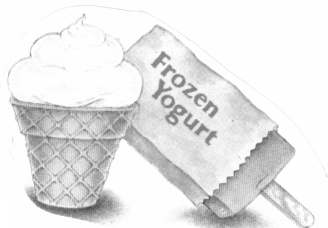
Roast chicken,  
taco, chili, pizza,  
taco salad,  
burrito, enchilada



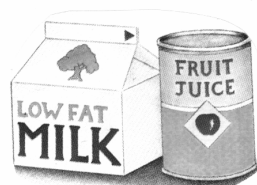
Broiled seafood  
platter, clam  
chowder



Soft ice cream cone,  
frozen yogurt

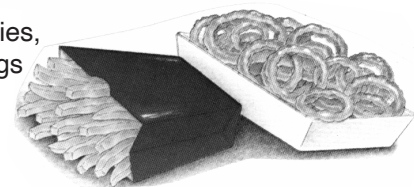


Fruit juice, low-fat milk

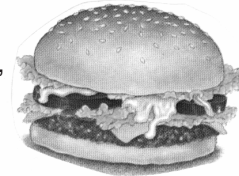


### AND LESS OF THESE

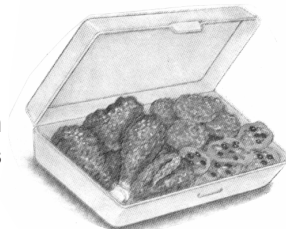
French fries,  
onion rings



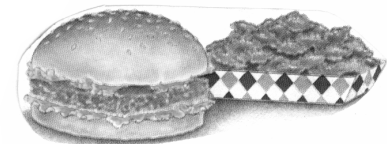
Super burger  
with special sauce,  
cheeseburger,  
hot dog



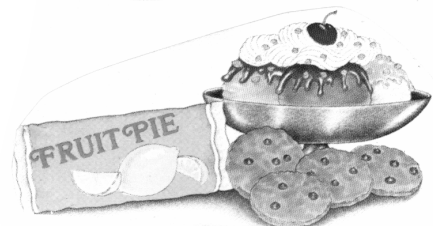
Fried chicken,  
breaded chicken  
nuggets, nachos



Fried fish or  
chicken  
sandwich



Sundae,  
cookies,  
pie



Soda pop

