



WISCONSIN WRESTLING MINIMUM WEIGHT PROJECT

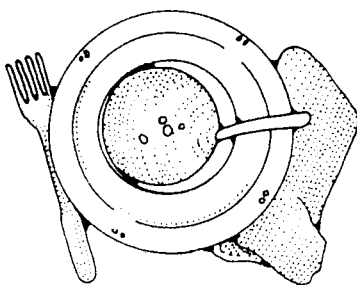
SENSIBLE SNACKING

Snacks are an important part of your daily eating routine. When selecting snacks, choose foods that contain complex carbohydrates, protein, vitamins and minerals. For an optimal diet during the wrestling season, limit empty calorie snacks that provide minimal nutrients such as: candy, soda or deep fried foods.

Consider these nourishing snacks:

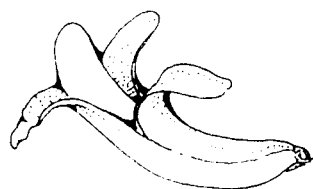
Fresh Fruits

Apples, apricots, bananas, oranges, grapefruit, grapes, melon, pears, peaches, pineapple, plums, raisins, frozen fruit juice bars.



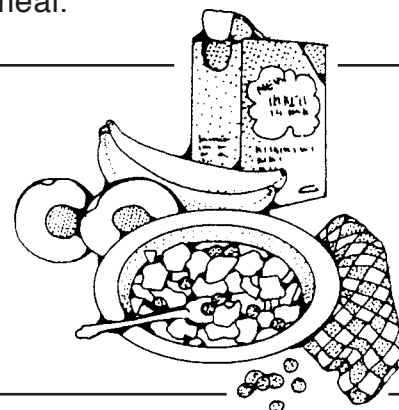
Grains

Cinnamon toast, graham crackers, popcorn, bagels, english muffins, wheat or rye crackers, cold cereal with milk, granola bars, oatmeal.



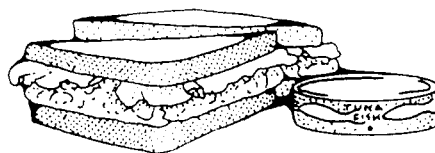
Protein

Chicken, turkey, lean beef or pork, tuna, hard cooked eggs, peanut butter, almond butter, nuts.



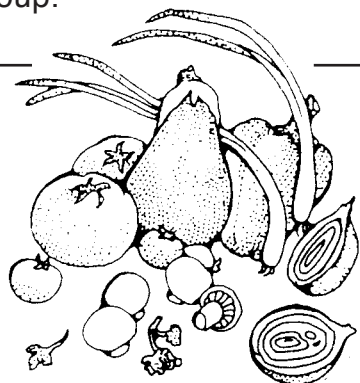
Vegetables

Raw broccoli, carrots, cauliflower, celery, cucumbers, green beans, green peppers, cherry tomatoes, vegetable soup.



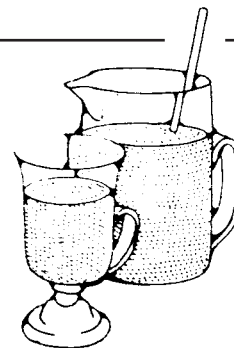
Beverages

Water, fruit or vegetable juice, lowfat or skim milk, juice mixed with seltzer water, flavored water.



Milk & Dairy

Lowfat or skim milk, lowfat cheese cubes, cottage cheese, yogurt, frozen yogurt, string cheese.



Snacks should not replace meals. But, when you choose snacks wisely, they can be a valuable part of your overall plan for optimizing your performance.