

# North Wrestling Nutrition

## Food is Fuel

Control the things you can

- Learn to read the labels to find the hidden fats
- How Fuel is prepared is as important as what it is. A vegetable deep fried does not accomplish your objective
- Protein portions should be no bigger than your palm
  - 5 or 6 Small meals a day is optimal

### GOOD FUEL

#### Breakfast & Midmorning Snack

Non-Sugar Cereal (Cheerios)  
Fruit  
Oatmeal/Cream of Wheat  
French Toast  
Pancakes  
Toast/Bread  
Bagels  
Boiled Egg  
100% Fruit Juice  
Lowfat Milk  
Lowfat Chocolate Milk

### BAD FUEL

#### Breakfast & Midmorning Snack

Sugared Cereal (Cap'n Crunch)  
Donuts  
Pastries  
Bacon  
Butter  
Margarine  
Regular Cream Cheese  
Fried in Butter Eggs  
Coffee/Caffeine (dehydrates)  
Soda (No redeeming value)  
High Fat Muffins

**Lunch and Pre-training Snack**

Turkey  
Lean Roast Beef  
Peanut Butter  
Tuna in Water  
Seafood Salad  
Lean Ham/Ham Salad  
Wheat Bread  
Cheese (2 slices)  
Fruit  
Hummus  
Salad with Lite Dressing  
Baked Potato (add skim milk)  
100% Fruit Juice  
Lowfat Milk  
Lowfat Chocolate Milk  
The "Ade's" Drinks  
Power Bars  
Protein Shake (Boost/Ensure/  
Carnation Instant  
Breakfast/Met-RX  
Pretzels

**Lunch and Pre-training Snack**

French Fries  
Whoppers/Big Macs  
Hot Dogs  
White Bread  
Fried Chicken Patties  
Croissant Sandwiches  
Grilled Cheese Sandwich  
Fried Fish Patties  
Non-Lean Deli Meats (Pastrami)  
Chips  
Soda  
Fruit Punch (Usually 10% Fruit Juice)  
Pizza  
Oil or Heavy Salad Dressing  
Super Size Portions

Lowfat Yogurt

Fig Newtons

**Dinner**

Skinless Chicken

Fish

Lean Beef

Red or Black Beans

Pasta

Rice

Bread

Tofu

Yams

Potatoes

Green & Yellow Vegetables

(baked/steamed)

100% Fruit Juice

Lowfat Milk

Lowfat Chocolate Milk

Water

**Evening Snack**

Air popped popcorn

100% fruit Juice Popsicles

**Dinner**

Anything Fried

Prime Rib

Chicken Wings

Calzones

Butter

Gravy

Alfredo Sauce

Cream Sauces

Cheese Sauces

**Evening Snack**

Alcohol (should not have to say it)

Ice Cream

	Cakes and Pastries
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