

Faribault Wrestling - Nutrition **Battle Fuel**

(The food listed below is what you should eat and drink at tournaments and dual meets. Feel free to mix and match, be creative and find combinations that you like. Avoid food high in sugar and carbonated drinks.)

(Nibble, Nibble, sip, sip)

Hydration:

Drink more water than anything else. (70% water – 30% sports drink)

That translates to about 2 bottles of water for every bottle of sports drink!!

Fast Burning Carbs:

Fruit – apples, oranges, bananas, grapes...

Slow Burning Carbs:

Grains – whole wheat bread, muffins, bagels, granola,

Long Burning “Good” Fat:

Cream cheese, string cheese, peanut butter,

Carb/Fat Combos:

Bagel & cream cheese

Bagel & peanut butter

Peanut butter & jelly

Mixed nuts

Sandwich or wrap