

Faribault Wrestling - Nutrition

Recovery Fuel

(The food listed below is what you should eat and drink after tournaments and dual meets. Go heavy on the proteins when recovering from hard days, your body needs to rebuild. Feel free to mix and match, be creative and find combinations that you like. Avoid food high in sugar and carbonated drinks.)

Hydration:

Drink more water than anything else.
Milk (1% , 2%, or whole)
Fruit juice

Protein:

Meats – beef, chicken, pork, turkey, fish, ...
Eggs – hard boiled, scrambled, ...
Mixed nuts – peanuts, hazel nuts, almonds, cashews, ...

Fast Burning Carbs:

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

Slow Burning Carbs:

Grains – whole wheat bread, whole grain rice,
Legumes – beans of any variety, lentils,
Vegetables

Long Burning “Good” Fat:

Cheeses, nuts,

Carb/Fat Combos:

French Toast
Steak & eggs
Chicken wrap
Pork & beans
...