



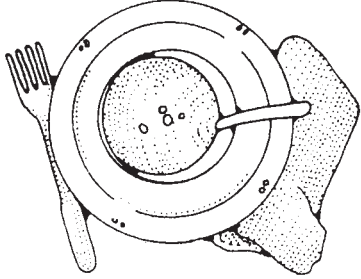
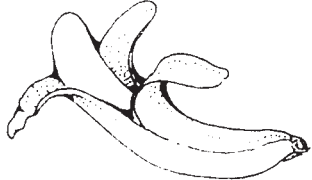
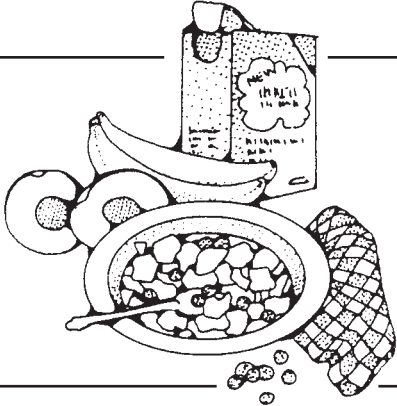
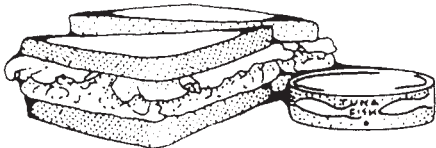
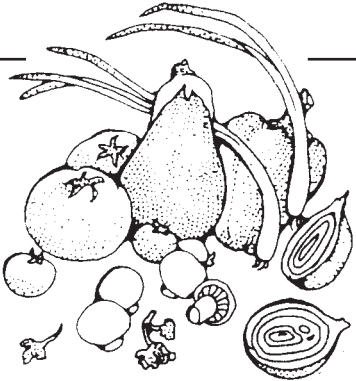
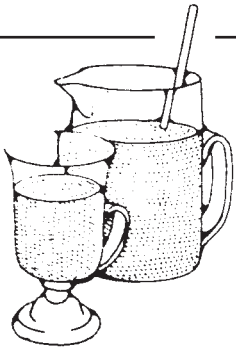
WISCONSIN WRESTLING MINIMUM WEIGHT PROJECT



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 snacks that are high in fats, sugar and salt.

Consider these nourishing snacks:

<p>Fresh Fruits Apples, apricots, bananas, oranges, grapefruit, grapes, melon, pears, peaches, pineapple, plums, raisins, frozen fruit juice bars.</p>		<p>Grains Cinnamon toast, graham crackers, popcorn, bagels, english muffins, wheat or rye crackers, bread sticks, cold cereal with milk.</p>
	<p>Meat, Fish & Poultry Cubed chicken, turkey, lean beef or pork, tuna, hard cooked eggs, noodle or vegetable soup.</p>	
<p>Vegetables Raw broccoli, carrots, cauliflower, celery, cucumbers, green beans, green peppers, cherry tomatoes.</p>		<p>Beverages Water, fruit or vegetable juice, lowfat or skim milk, juice mixed with seltzer water, mineral water.</p>
	<p>Milk & Dairy Lowfat or skim milk, lowfat cheese cubes, cottage cheese, yogurt, ice milk, frozen yogurt, string cheese.</p>	

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.