

# Fueling Guidelines

For Wrestling Tournaments

## Overall Goals



Provide energy for your muscles



Energy to perform during the matches



To recover in between matches

## What to Eat

When you have a short amount of time between matches



### Fruit/Fruit Juice

Provides quick energy between and before matches



### Bread with Jelly/Honey

High in carbohydrates, low in fiber and fat



### Pretzels/Crackers

Good for carbs. Sodium helps maintain hydration



### Chocolate Milk

Facilitates rehydration, replenishes energy, and protects lean tissue

When you have 2-3 hours between matches



### Oatmeal with bananas



### Turkey sandwich on whole wheat



### Cereal with skim milk and fruit