

FUEL FACTS



A collaboration of the Bison Legend Wrestling Club and The Nutrition Specialist, LLC

Pre-Event Meals

Morning Events:

Eat a light breakfast or snack: cereal and non-fat milk, fresh fruit or juice, toast, bagel or English muffin, pancakes or waffles, non-fat or low-fat fruit yogurt, or a liquid pre-event meal

Afternoon Events:

Eat a high-carbohydrate meal both the night before and for breakfast. Follow with a light lunch: salads with low-fat dressings, turkey sandwiches with small portions of turkey, fruits, juice, low-fat crackers, high-carbohydrate nutritional bars, pretzels, rice cakes

Evening Events:

Eat a high-carbohydrate breakfast and lunch, followed by a light meal or snack: pasta with marinara sauce, rice with vegetables, light-cheese pizza with vegetable toppings, noodle or rice soups with crackers, baked potato

Remember:

No one food works for everyone. During your training period, experiment to find which foods, and the amount of food, that works best.

Courtesy of the American College of Sports Medicine

Why Do Athletes Need Carbs?

- Carbohydrates are the body's main source of energy and the only source of energy for the brain and the nervous system.

- Carbohydrates spare protein so it can be used to build and repair muscles and make enzymes, hormones and antibodies rather than being used to fuel our bodies.

- Carbohydrates are essential for fat metabolism. Without sufficient carbohydrate fat cannot be burned completely.

- Carbohydrates are stored in our muscles and liver to be used as energy between meals and snacks. This storage of carbohydrate is essential for athletic performance.

NUTRITION Q & A

Q: How can our family stay healthy when our busy schedule does not allow us to eat many dinners at home?

Plan ahead: keep the refrigerator stocked with bottles of water, 100% juice and sports drinks. Keep a cooler in your trunk to reduce intake of sodas and sugary drinks. Stash a snack bag with granola bars, pretzels, animal crackers, graham crackers, rice cakes and fig bars to avoid stops at the concession stand. If you know you'll be getting fast food for dinner, highlight the healthiest options. Good choices include veggie pizza, bean burritos, grilled chicken sandwiches, turkey subs, side salads, soups, apple slices, yogurt parfaits, baked chips and pretzels.

"Most people have no idea how good the body is designed to feel"

Fit Tips

- **Eat:** Consuming small to moderate-sized meals and snacks throughout the day can improve energy levels in athletes. Set out to eat a meal or snack every 3 hours.
- **Drink:** During practice or an event, drink 1/2 cup fluid (4 ounces) every 15 minutes.
- **Rest:** In general, high school students do not get enough sleep. Be careful with caffeine intake as it could lead to a greater risk for disrupted sleep patterns.

