

LOW-FAT MENU IDEAS FOR WRESTLERS (Serving sizes indicate one serving from that food group)

	<u>Milk</u>	<u>Meat</u>	<u>Vegetable</u>	<u>Fruit</u>	<u>Grain</u>
Breakfast	<p>Choose 1</p> <p>8 oz. low-fat milk</p> <p>1 slice Swiss/Amer. cheese</p> <p>8 oz. Low-fat choc. milk</p> <p>Leftover cheese pizza</p> <p>8 oz. low-fat milkshake</p> <p>8 oz. low-fat yogurt</p> <p>8 oz, blended milk/fruit beverage (equals 1 milk + 1 fruit)</p> <p>1 oz. Swiss, cheddar, Monterey Jack, Colby cheese</p>	<p>Choose 0-1</p> <p>4 oz. peanut butter</p> <p>Poached egg</p>	<p>Choose 0-1</p> <p>6 oz. tomato juice</p> <p>6 oz. V-8 juice</p>	<p>Choose 1</p> <p>6 oz. fruit juice</p> <p>1 cup raw fruit</p> <p>1 piece fruit</p> <p>½ cup canned fruit</p>	<p>Choose 2-4</p> <p>1 bowl cold cereal</p> <p>½ Bagel</p> <p>½ English muffin</p> <p>4" Pancake</p> <p>4" Waffle</p> <p>1 slice whole wheat toast</p> <p>1 slice cheese pizza</p> <p>½ cup hot cereal</p>
Lunch	<p>Choose 1</p> <p>8 oz. low-fat yogurt</p> <p>8 oz. low-fat milk</p> <p>1 slice Swiss/Amer. cheese</p> <p>8 oz. low-fat choc. milk</p> <p>½ cup ice milk</p> <p>1 oz. Swiss, cheddar, Monterey Jack, Colby cheese</p>	<p>Choose 1</p> <p>3 oz. water packed tuna</p> <p>3 oz. roast pork</p> <p>3 oz. Lean roast beef</p> <p>3 oz. lean ham</p> <p>3 oz. chicken or turkey (skinless)</p> <p>3 oz. broiled/baked fish</p>	<p>Choose 1-2</p> <p>½ cup canned veg.</p> <p>1 cup raw veggies</p> <p>1 med. baked potato</p> <p>½ cup mashed potato</p> <p>½ cup canned fruit</p> <p>6 baby carrots</p> <p>Spaghetti sauce</p>	<p>Choose 1</p> <p>6 oz. fruit juice</p> <p>1 piece fruit</p> <p>1 cup raw fruit</p> <p>½ cup canned fruit</p>	<p>Choose 2-4</p> <p>1 slice bread</p> <p>pita bread</p> <p>½ hot dog or hamburger bun</p> <p>1 dinner roll</p> <p>5 saltine crackers</p> <p>1 - 6" flour tortilla</p> <p>½ cup pasta</p>
Snack	<p>Choose 1</p> <p>Yogurt</p> <p>8 oz. low-fat milk</p> <p>1 slice Swiss/Amer. Cheese</p> <p>8 oz. low-fat choc. milk</p> <p>½ cup ice milk</p> <p>1 oz. Swiss, cheddar, Monterey Jack, Colby cheese</p>	<p>Choose 1</p> <p>4 oz. peanut butter</p> <p>3 oz. lean ham</p> <p>3 oz. chicken or turkey (skinless)</p> <p>3 oz. water packed tuna</p>	<p>Choose 1</p> <p>6 oz. tomato juice</p> <p>6 oz. V-8 juice</p> <p>6 baby carrots</p> <p>1 baked potato</p>	<p>Choose 0-1</p> <p>6 oz. fruit juice</p> <p>1 piece fruit</p> <p>1 cup raw fruit</p> <p>½ cup canned fruit</p>	<p>Choose 2-4</p> <p>½ English muffin</p> <p>½ bagel</p> <p>1 slice whole wheat toast</p> <p>5 saltine crackers</p> <p>1 - 6" tortilla</p> <p>1 bowl cold cereal</p>
Supper	<p>Choose 1</p> <p>8 oz. low-fat yogurt</p> <p>8 oz. low-fat milk</p> <p>1 slice Swiss/Amer. cheese</p> <p>8 oz. low-fat choc. milk</p> <p>½ cup ice milk</p> <p>1 oz. Swiss, cheddar, Monterey Jack, Colby cheese</p>	<p>Choose 1</p> <p>3 oz. water packed tuna</p> <p>3 oz. Lean roast beef</p> <p>3 oz. lean ham</p> <p>3 oz. chicken or turkey (skinless)</p> <p>3 oz. broiled/baked fish</p>	<p>Choose 1-2</p> <p>½ cup canned veg.</p> <p>1 cup raw veggies</p> <p>1 med. baked potato</p> <p>½ cup mashed potato</p> <p>½ cup canned fruit</p> <p>6 baby carrots</p> <p>Spaghetti sauce</p>	<p>Choose 0-1</p> <p>6 oz. fruit juice</p> <p>1 piece fruit</p> <p>1 cup raw fruit</p> <p>½ cup canned fruit</p>	<p>Choose 2-4</p> <p>1 slice bread/pita bread</p> <p>1 - 6" flour tortilla</p> <p>½ hot dog/hamburger bun</p> <p>5 saltine crackers</p> <p>1 dinner roll</p> <p>3 slices veggie pizza (equals 1 milk, 1 veggie, 3 grains)</p> <p>½ cup pasta</p>

TOTAL SERVINGS 4

3+

3-6

2-4

8-16

NOTE: To maintain hydration drink at least one, 8-ounce glass of water with each meal and snack.