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	LOW-FA
September 1997	AT MENL
PERSONAL PROPERTY.	IDEAS
Mont	LOW-FAT MENU IDEAS FOR WRESTLERS (Serving sizes indicate one serving from
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locatable.	sizes indi
Friit	cate one serving
ก	i irom that ro
rain	od group)

THE PERSON NAMED IN COLUMN TWO IS NOT THE OWNER.				1173.13
		Acheranie	Tare	Class
Choose 7 8 oz low-fat milk	Cnoose 0-1	6 oz tomato iuice	6 oz. fruit iuice	1 bowl cold cereal
er. cheese		6 oz. V-8 juice		½ <sub>.</sub> Bagel
		13.	٠	1/2 English muffin
Leftover cheese pizza 8 oz. low-fat milkshake			ed fruit	4" Pancake 4" Waffle
8 oz. low-fat yogurt				1 slice whole wheat toast
ended milk/fruit bevera	8 oz, blended milk/fruit beverage (equals 1 milk + 1 fruit)			1 slice cheese pizza
1 oz. Swiss, cheddar, Monterey Jack, Colby cheese	ey Jack, Colby cheese			½ cup hot cereal
Choose 1	Choose 1	Choose 1-2	Choose 1	Choose 2-4
fat yogurt	ced tuna	½ cup canned veg.	6 oz. fruit juice	1 slice bread
	3 oz. roast pork	1 cup raw veggies	1 piece fruit	pita bread % hot dog or
8 oz. low-fat choc. milk	3 oz, lean ham	1/2 cup mashed potato	½ cup canned fruit	hamburger bun
	r turkey	6 baby carrots		1 dinner roll
	(skinless)	Spaghetti sauce		5 Saltine crackers  1 - 6" flour tortilla
cheese	ס סדי טוסוופת ממעפת וופוו			½ cup pasta
Choose 1	Choose 1	Choose 1	Choose 0-1	Choose 2-4
Yogurt 8 oz. low-fat milk	4 oz. peanut butter 3 oz. lean ham	6 oz. tomato juice 6 oz. V-8 juice	b oz. rruit juice 1 piece fruit	½ English muttin
er. Cheese	r turkey	6 baby carrots	1 cup raw fruit	1 slice whole wheat toast
8 oz. low-fat choc. milk	(skinless)	1 baked potato	½ cup canned fruit	5 saltine crackers
½ cup ice milk 1 oz. Swiss, cheddar.	S OZ. Water packed tulia			1 bowl cold cereal
Monterey Jack, Colby cheese	Õ			
Choose 1	Choose 1	Choose 1-2	Choose 0-1	Choose 2-4
w-fat yogurt w-fat milk	3 oz. water packed	½ cup canned veg.	6 oz. fruit juice 1 piece fruit	1 slice bread/pita bread 1 - 6" flour tortilla
Swiss/Amer. cheese	3 oz. Lean roast beef 1 med.	baked potato	1 cup raw fruit	½ hot dog/hamburger bun
w-fat choc. milk	3 oz. lean ham	1/2 cup mashed potato	1/2 cup canned fruit	5 saltine crackers
ce milk	3 oz. chicken or turkey	6 baby carrots		1 dinner roll
wiss, cheddar,	(skinless)	Spaghetti sauce		3 slices veggie pizza
rey Jack, Colby	3 oz. broiled/baked fish			(equals 1 milk, 1 veggle,
Ф	3 oz. roast pork			⅓ cup pasta
4		3-6		8-16
	8 oz. low-fat yogurt 8 oz. low-fat milk 1 slice Swiss/Amer. cheese 8 oz. low-fat choc. milk ½ cup ice milk 1 oz. Swiss, cheddar, Monterey Jack, Colby cheese	packed roast beef ' nam en or turkey elbaked fish pork	packed roast beef ' nam en or turkey elbaked fish pork	rt 3 oz. water packed ½ cup canned veg. tuna 1 cup raw veggies er. cheese 3 oz. Lean roast beef 1 med. baked potato milk 3 oz. lean ham ½ cup mashed potato 3 oz. chicken or turkey 6 baby carrots (dar, (skinless) Colby 3 oz. broiled/baked fish 3 oz. roast pork  3+ 3-6

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