

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

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

**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.