

High Energy Snacks for Weight Management

By James Johnson

With so many energy snacks available, we constantly seek that perfect nutritional product for high-energy and weight loss. We often find ourselves standing in health food stores wondering which snack will meet both our

quick energy needs and our weight management goals. Younger wrestlers have often asked me what I recommend to help curb ones' appetite and yet maintain the energy level during practice and/or competition. I advise them that most high-energy foods rely on simple carbohydrates for a

short-term boost of energy that is unfortunately followed by a corresponding drop in energy levels. Additionally they may not have the necessary ingredients for the balanced nutrition so essential to sustaining an athlete's energy level.

When seeking a high-energy food, I