

ATHLETE'S PLATE

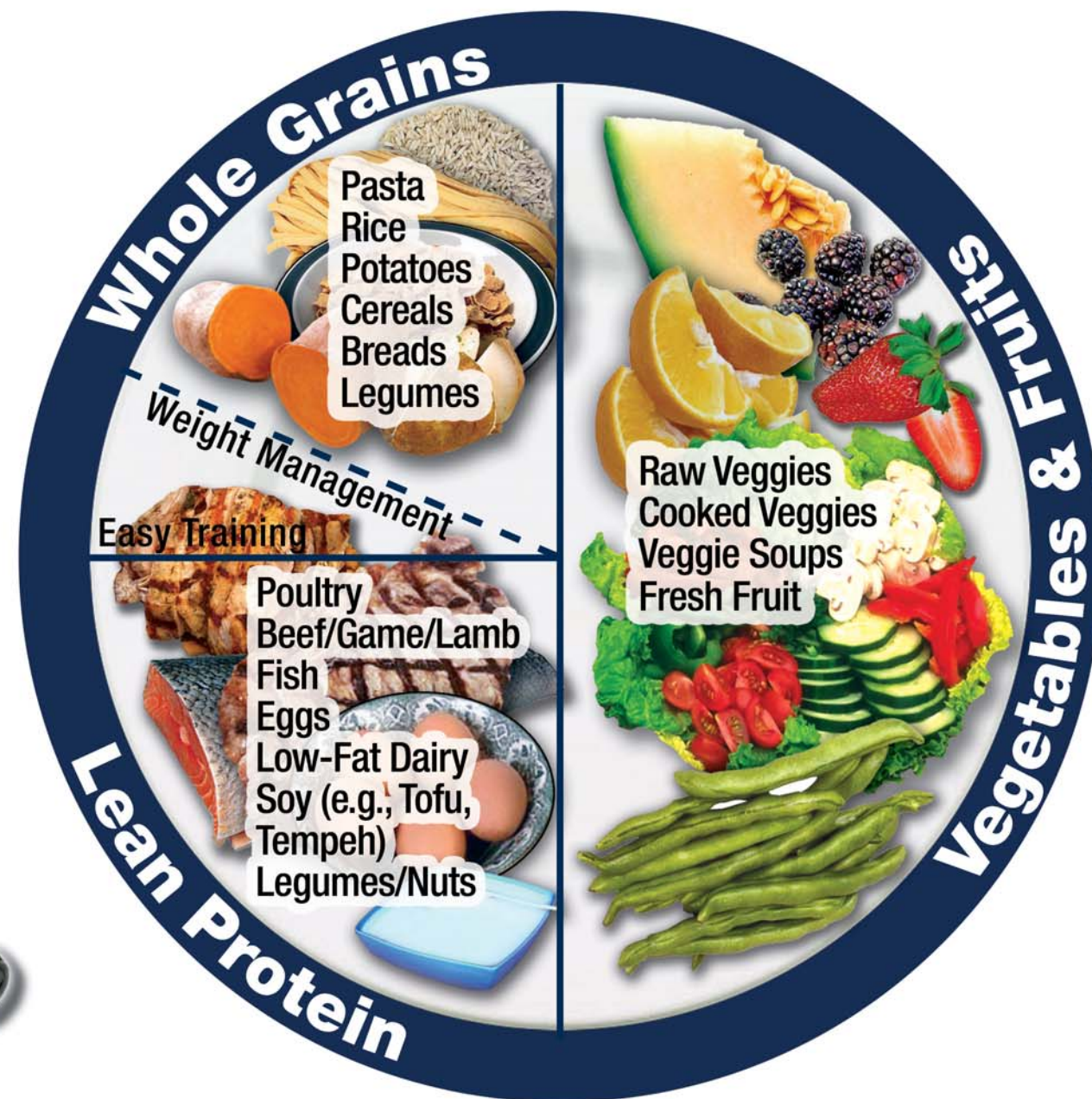
EASY TRAINING / WEIGHT MANAGEMENT:

FATS

1 Teaspoon



Avocado
Oils
Nuts
Seeds
Cheese
Butter



FLAVORS

Salt/Pepper
Herbs
Spices
Vinegar
Salsa
Mustard
Ketchup



ATHLETE'S PLATE

Training volume and intensity vary from day to day and week to week along your training/competition plan. Eating your meals and fueling your workout or race should also be cycled according to how hard or easy it is. Consult with your sport dietitian to put the Athlete's Plate into practice!

The Athlete's Plates are tools for you to better adjust your eating to the physical demands of your sport!

EASY An easy day may contain just an easy workout or tapering without the need to load up for competition with energy and nutrients. Easy day meals may also apply to athletes trying to lose weight and athletes in sports requiring less energy (calories) due to the nature of their sport.

MODERATE A moderate day may be one where you train twice but focus on technical skill in one workout and on endurance or strength in the other. The moderate day should be your baseline from where you adjust your plate down (easy) or up (hard/race).

HARD A hard day contains at least 2 workouts that are relatively hard or competition. If your competition requires extra fuel from carbohydrates, use this plate to load up in the days before, throughout, and after the event day.

EASY TRAINING / WEIGHT MANAGEMENT:

FATS
1 Teaspoon

Whole Grains
Pasta
Rice
Potatoes
Cereals
Breads
Legumes

Vegetables & Fruits
Raw Veggies
Cooked Veggies
Veggie Soups
Fresh Fruit

Lean Protein
Poultry
Beef/Game/Lamb
Fish
Eggs
Low-Fat Dairy
Soy (e.g., Tofu, Tempeh)
Legumes/Nuts

FLAVORS
Salt/Pepper
Herbs
Spices
Vinegar
Salsa
Mustard
Ketchup

Water
Dairy/Nondairy Beverages
Diluted Juice
Flavored Beverages
Coffee
Tea

Avocado
Oils
Nuts
Seeds
Cheese
Butter

Weight Management
Easy Training

MODERATE TRAINING:

FATS
1 Tablespoon

Grains
Pasta
Rice
Potatoes
Cereals
Breads
Legumes

Vegetables
Raw Veggies
Cooked Veggies
Veggie Soups

Lean Protein
Poultry
Beef/Game/Lamb
Fish
Eggs
Low-Fat Dairy
Soy (e.g., Tofu, Tempeh)
Legumes/Nuts

FLAVORS
Salt/Pepper
Herbs
Spices
Vinegar
Salsa
Mustard
Ketchup

Water
Dairy/Nondairy Beverages
Diluted Juice
Flavored Beverages
Coffee
Tea

Avocado
Oils
Nuts
Seeds
Cheese
Butter

Fresh Fruit
Stewed Fruit
Dried Fruit

HARD TRAINING / RACE DAY:

FATS
2 Tablespoons

Grains
Pasta
Rice
Potatoes
Cereals
Breads

Vegetables
Cooked Veggies
Veggie Soups
Raw Veggies

Lean Protein
Poultry
Beef/Game/Lamb
Fish
Eggs
Low-Fat Dairy
Soy (e.g., Tofu, Tempeh)
Legumes/Nuts

FLAVORS
Salt/Pepper
Herbs
Spices
Vinegar
Salsa
Mustard
Ketchup

Water
Dairy/Nondairy Beverages
Diluted Juice
Flavored Beverages
Coffee
Tea

Avocado
Oils
Nuts
Seeds
Cheese
Butter

Fresh Fruit
Stewed Fruit
Dried Fruit

The Athlete's Plates are a collaboration between the United States Olympic Committee Sport Dietitians and the University of Colorado (UCCS) Sport Nutrition Graduate Program.

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