

ATHLETE'S PLATE

HARD TRAINING / RACE DAY:

FATS
2 Tablespoons

Grains
Pasta
Rice
Potatoes
Cereals
Breads

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

Vegetables
Cooked Veggies
Veggie Soups
Raw Veggies

Fresh Fruit
Stewed Fruit
Dried Fruit

Water
Dairy/Nondairy
Beverages
Diluted Juice
Flavored
Beverages

Coffee
Tea

FLAVORS
Salt/Pepper
Herbs
Spices
Vinegar
Salsa
Mustard
Ketchup

Avocado
Oils
Nuts
Seeds
Cheese
Butter

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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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 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.

The image displays three Athlete's Plates, each represented as a circular plate divided into four quadrants: Grains, Lean Protein, Vegetables, and Fats. Each plate is accompanied by a list of food items and beverages, and a list of flavors. The plates are color-coded: blue for Easy Training, grey for Moderate Training, and red for Hard Training.

EASY TRAINING / WEIGHT MANAGEMENT: (Blue plate)

- FATS:** 1 Teaspoon
- Grains:** Pasta, Rice, Potatoes, Cereals, Breads, Legumes
- Lean Protein:** Poultry, Beef/Game/Lamb, Fish, Eggs, Low-Fat Dairy, Soy (e.g., Tofu, Tempeh), Legumes/Nuts
- Vegetables & Fruits:** Raw Veggies, Cooked Veggies, Veggie Soups, Fresh Fruit
- Flavors:** Salt/Pepper, Herbs, Spices, Vinegar, Salsa, Mustard, Ketchup
- Beverages:** Water, Dairy/Nondairy, Beverages, Diluted Juice, Flavored Beverages, Coffee, Tea

MODERATE TRAINING: (Grey plate)

- FATS:** 1 Tablespoon
- Grains:** Pasta, Rice, Potatoes, Cereals, Breads, Legumes
- Lean Protein:** Poultry, Beef/Game/Lamb, Fish, Eggs, Low-Fat Dairy, Soy (e.g., Tofu, Tempeh), Legumes/Nuts
- Vegetables:** Raw Veggies, Cooked Veggies, Veggie Soups
- Flavors:** Salt/Pepper, Herbs, Spices, Vinegar, Salsa, Mustard, Ketchup
- Beverages:** Water, Dairy/Nondairy, Beverages, Diluted Juice, Flavored Beverages, Coffee, Tea

HARD TRAINING / RACE DAY: (Red plate)

- FATS:** 2 Tablespoons
- Grains:** Pasta, Rice, Potatoes, Cereals, Breads
- Lean Protein:** Poultry, Beef/Game/Lamb, Fish, Eggs, Low-Fat Dairy, Soy (e.g., Tofu, Tempeh), Legumes/Nuts
- Vegetables:** Cooked Veggies, Veggie Soups, Raw Veggies
- Flavors:** Salt/Pepper, Herbs, Spices, Vinegar, Salsa, Mustard, Ketchup
- Beverages:** Water, Dairy/Nondairy, Beverages, Diluted Juice, Flavored Beverages, Coffee, Tea

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