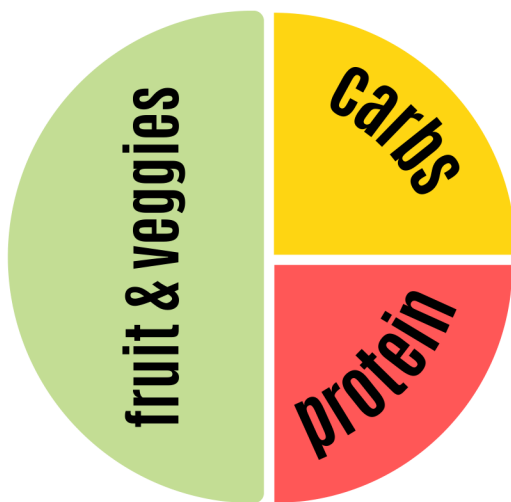


Building Performance Plates

Modified 2023 KC

Off Season and Light Training

During off season or light training, your body will have a decreased demand for carbohydrates compared to heavy training or competition. Your protein needs may be higher, depending on your goals

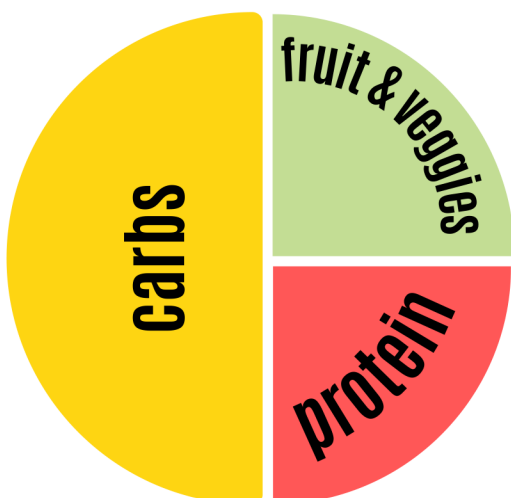


Build Your Plate

- Your body will have a decreased demand for carbohydrates due to reduced training
- Fill half your plate with fruit and vegetables
- Use the remaining half of your plate for quality carbohydrates and protein
- Add _____ heart-healthy fat for satiety and flavor
- Include water, _____ milks and 100% juices for added hydration

Heavy Training and Competition

On heavy training and competition days, your body will have a high demand for carbohydrates, while still requiring adequate protein and fat. Use the following guide to build a performance plate that will aid in energy availability and recovery.



Build Your Plate

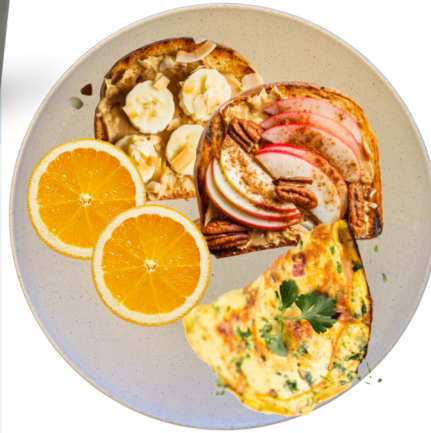
- Your body will have an increased demand for carbohydrates due to a heavy training load
- Fill half your plate with quality carbohydrates
- Use the remaining half of your plate for lean protein, fruit and vegetables
- Add some heart-healthy fat for satiety and flavor
- Include water, _____ milks and 100% juices for added hydration

Build a Performance Plate for Your Stage of Training

Maintain your health with a balanced plate.

Light Training

½ plate non-starchy veggies & fruit
¼ plate protein
¼ plate carbohydrates
1-2 servings of fat



Eat more whole grains to give your body energy for training.

Moderate Training

⅓ plate non-starchy veggies & fruit
¼ plate protein
⅓ plate carbohydrates
1-2 servings of fat
1-2 servings of fun snack foods



Fill half your plate with grains for optimal athletic performance.

Heavy Training

¼ plate non-starchy veggies & fruit
¼ plate protein
½ plate carbohydrates
1-2 servings of fat
1-2 servings of fun snack foods



CARBOHYDRATE SUGGESTIONS

Bread, tortillas, English muffins, bagels, rolls, oatmeal, rice, pasta, quinoa, farro, popcorn

>>STARCHY VEGETABLES

Corn, potatoes, peas

>>LEGUMES

Black beans, red beans, black eyed peas, chickpeas

PROTEIN SUGGESTIONS

Chicken, turkey, beef, pork, fish, seafood, eggs, tofu, soy products, Greek yogurt or cottage cheese (1 cup each)

FRUIT

Berries, bananas, apples, melons, plums, citrus fruits, peaches, apricots, pineapple

NON-STARCHY VEGETABLES

Carrots, tomatoes, summer squash, cucumbers, cauliflower, eggplant, bell peppers, broccoli, green beans, celery, leafy greens

CALCIUM SUGGESTIONS

Milk, yogurt, cheese, plant-based milks and calcium-fortified foods, frozen yogurt, tofu

HEART HEALTHY FAT SUGGESTIONS

Olive & canola oils, nuts and nut butters, olives, avocados, fish (provides protein)

OTHER FAT SUGGESTIONS

Butter, margarine, cheese, cream cheese, salad dressing, mayo, sauces, muffins, bacon, egg yolks, fried/sautéed foods, chips, ice cream, some meats

FUN SNACK FOOD SUGGESTIONS

Any dessert, cookies, cake, ice cream, doughnuts, croissants, candy bars, chips, fries, non-diet soda, milkshakes