

HARD TRAINING/GAME DAY

FATS

2 Tablespoons



Avocado
Oils
Nuts
Seeds
Cheese



Grains



Pasta
Rice
Potatoes
Cereals
Breads

Fresh Fruit
Stewed Fruit
Dried Fruit



Water
Dairy/Nondairy
Milk
100% Fruit Juice
Sport Drink
Flavored
Beverages

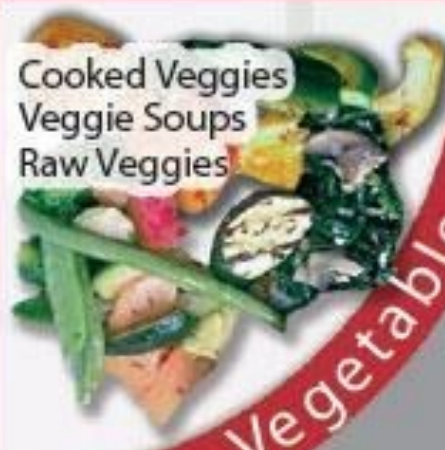


Coffee
Tea

Lean Protein



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



Cooked Veggies
Veggie Soups
Raw Veggies

Vegetables

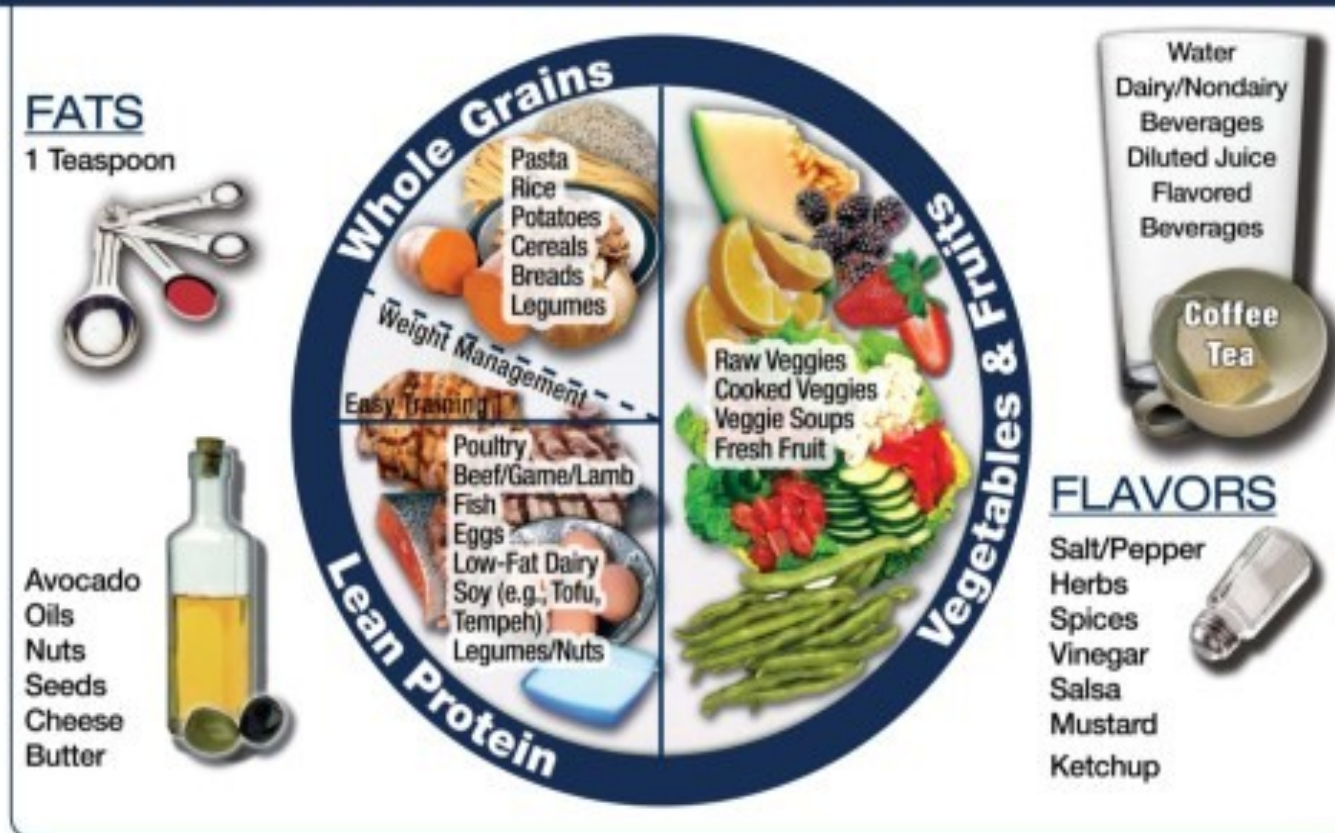
FLAVORS

Salt/Pepper
Herbs
Spices
Vinegar
Salsa
Mustard
Ketchup



ATHLETE'S PLATE

EASY TRAINING / WEIGHT MANAGEMENT:



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.