

# 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.

**EASY TRAINING / WEIGHT MANAGEMENT:**

- FATS:** 1 Teaspoon
- Whole 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:**

- 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:**

- 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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