BUILD A PERFORMANCE-**ENHANCING PLATE**

Properly fueling can provide an edge over other athletes who don't focus on their nutrition.

- **Calorie and nutrient needs vary depending upon intensity and phase of training.**
- This plate represents a hard training day. On light training days, substitute 1/4 plate of whole grains with 1/4 plate of fruits and vegetables.

WHOLE GRAINS

Carbohydrates fuel muscles and are the quickest source of **energy** for athletes.

HEALTHY FATS

Moderate amounts of healthy fats provide a concentrated **energy** source and **essential fatty acids.**

[nuts, seeds, oil and fatty fish]

FLUIDS

Stay **hydrated** by drinking fluids at mealtime and throughout the day.

[milk, water, 100% fruit juice]

PROTEIN

Protein foods are essential for **building/repairing muscle** and helping to support **immune** function.

FRUITS & VEGGIES

Many fruits and vegetables provide **nutrients** that have been linked to **reduced oxidative damage** from hard training.

·C·P·S·D·A·
FUELING VICTORY

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For advice on customizing a nutrition plan, consult a sports dietitian.