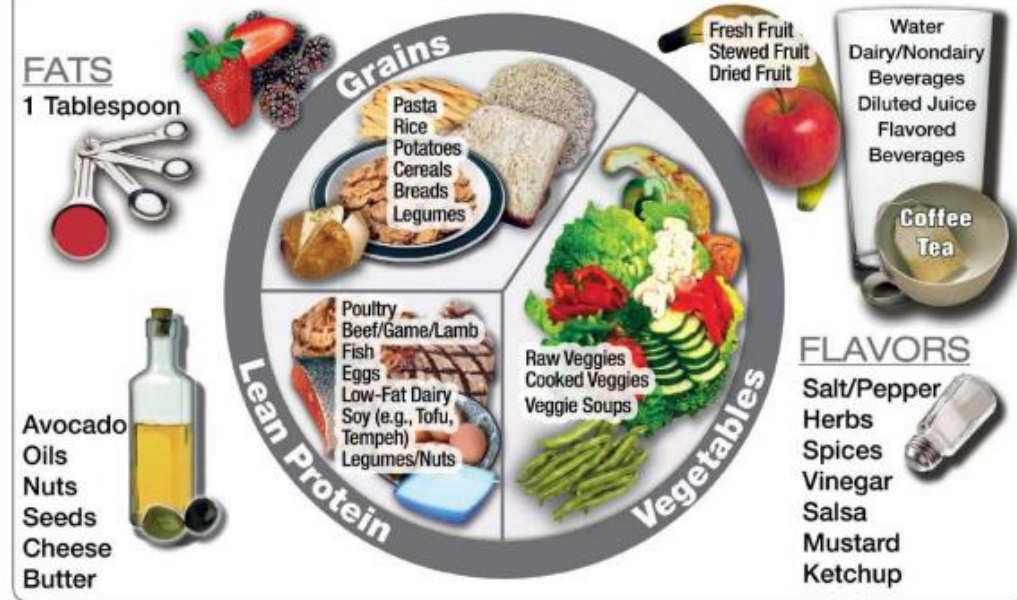


ATHLETE'S PLATE

MODERATE TRAINING:



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.
For educational use only. Print and use front and back as 1 handout.

Pre-Training Snack



Why:

Optimize performance and minimize the use of muscle as an energy source



Types of macronutrients:

Easy to digest
carbohydrate – broken
down to basic structures
Low fat/low fiber
Some salt



Timing:

30 minutes to 1 hour
before training



Examples:

½ of a medium Banana,
Clif Shot/Bloks, salted
pretzels, applesauce,
granola bar, ½ a bagel, or
fruit snacks/leather

Post-Training Snack



Why:

Replace the depleted energy stores found in the muscles (AKA Glycogen) and speed up the muscle recovery/regeneration process



Types of macronutrients:

Easy to digest carbohydrates
Protein (ideally 15-20g)



Timing:

Within 30 minutes to an hour after completion of training



Examples:

2-3 cups of Chocolate milk, protein bar, trail mix, beef jerky + applesauce, 1 whole PB&J sandwich (Harder days), protein energy bite

Encourage the athlete to eat/drink something small in the morning

- 30 minutes – 1 hour before competition
- Bar, banana + 1tbsp peanut butter, bagel, Gatorade, vanilla yogurt, etc.

Between swims/race

- If >3-4 hours: turkey sandwich or chicken + rice & starchy vegetable, or PB&J sandwich
- If ~ 30min-1hr: see left box

After competition:

- If multiple races or long duration race = $\frac{1}{2}$ plate starches/grains
- If moderate day = $\frac{1}{3}$ plate
- If easy = $\frac{1}{4}$ plate

Fueling on Competition Day

Hydration Between Sets at Practice

- You are sweating, so you need to replenish the electrolytes and fluids lost
- Rehydrate with:
 - Water
 - Sports drink
 - Pedialyte
 - Drip-drop
 - Coconut water
- 16 – 24 fluid ounces (depends on intensity/duration)
 - 1 normal size Gatorade bottle (taking sips throughout practice)



Travel Food Options

Carbohydrate	Protein
Pre-cooked/instant oatmeal/rice	Tuna pouch
Granola	Jerky
Bread	Roasted Edamame
Sports bars, gels, gummies	Peanut/nut butter
Crackers	Dried hummus mix
Trail mix/dried vegetables	Nuts & Seeds
	Protein powder (NSF certified) /bars