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.
ATHLETE'S PLATE

EASY TRAINING / WEIGHT MANAGEMENT:

FATS
1 Teaspoon

Lean Protein

Whole Grains

Pasta
Rice
Potatoes
Cereals
Breads
Legumes

Weight Management

Easy Training

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

Raw Veggies
Cooked Veggies
Veggie Soups
Fresh Fruit

Vegetables & Fruits

水
Dairy/Nondairy
Beverages
Diluted Juice
Flavored Beverages

Coffee
Tea

FLAVORS
Salt/Pepper
Herbs
Spices
Vinegar
Salsa
Mustard
Ketchup

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ATHLETE'S PLATE

MODERATE TRAINING:

FATS
1 Tablespoon

Lean Protein

Grains
Pasta
Rice
Potatoes
Cereals
Breads
Legumes

Vegetables
Raw Veggies
Cooked Veggies
Vegetable Soups

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

Vegetables

Dairy/Nondairy Beverages
Diluted Juice
Flavored Beverages

Fruit
Fresh Fruit
Stewed Fruit
Dried Fruit

Flavors
Salt/Pepper
Herbs
Spices
Vinegar
Salsa
Mustard
Ketchup

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ATHLETE’S PLATE

HARD TRAINING / RACE DAY:

**FATS**
2 Tablespoons

- Avocado
- Oils
- Nuts
- Seeds
- Cheese
- Butter

**Grains**
- Pasta
- Rice
- Potatoes
- Cereals
- Breads

- Fresh Fruit
- Stewed Fruit
- Dried Fruit

**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

**Water**
- Dairy/Nondairy Beverages
- Diluted Juice Flavored Beverages
- Coffee
- Tea

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