

# Athlete Eats

## Light training or weight management

Load your plates like this if you know your workout for the day will be easier than usual or if the sport you play generally requires less energy. If you're an athlete who is trying to lose weight, you can slightly decrease the amount of whole grains you eat.

# SPORTS MEDICINE CENTER



### 1 teaspoon of fats

- Nuts and butters
- Avocado
- Oils
- Seeds
- Spreads (mayo, cream cheese)
- High-fat dairy products



### Drinks

- Water
- Milk
- Diluted juice



### Flavor ideas

- Salt and pepper
- Herbs
- Spices
- Vinegar
- Salsa
- Ketchup
- Mustard

# Athlete Eats

## Moderate training\*

Load your plates like this if you plan to train twice in one day and at least one of the workouts will be endurance or strength. If your exercise will be easier than this, adjust down to the light training meals. If your workout will be harder than this, adjust up to the intense training meals.



### 1 teaspoon of fats

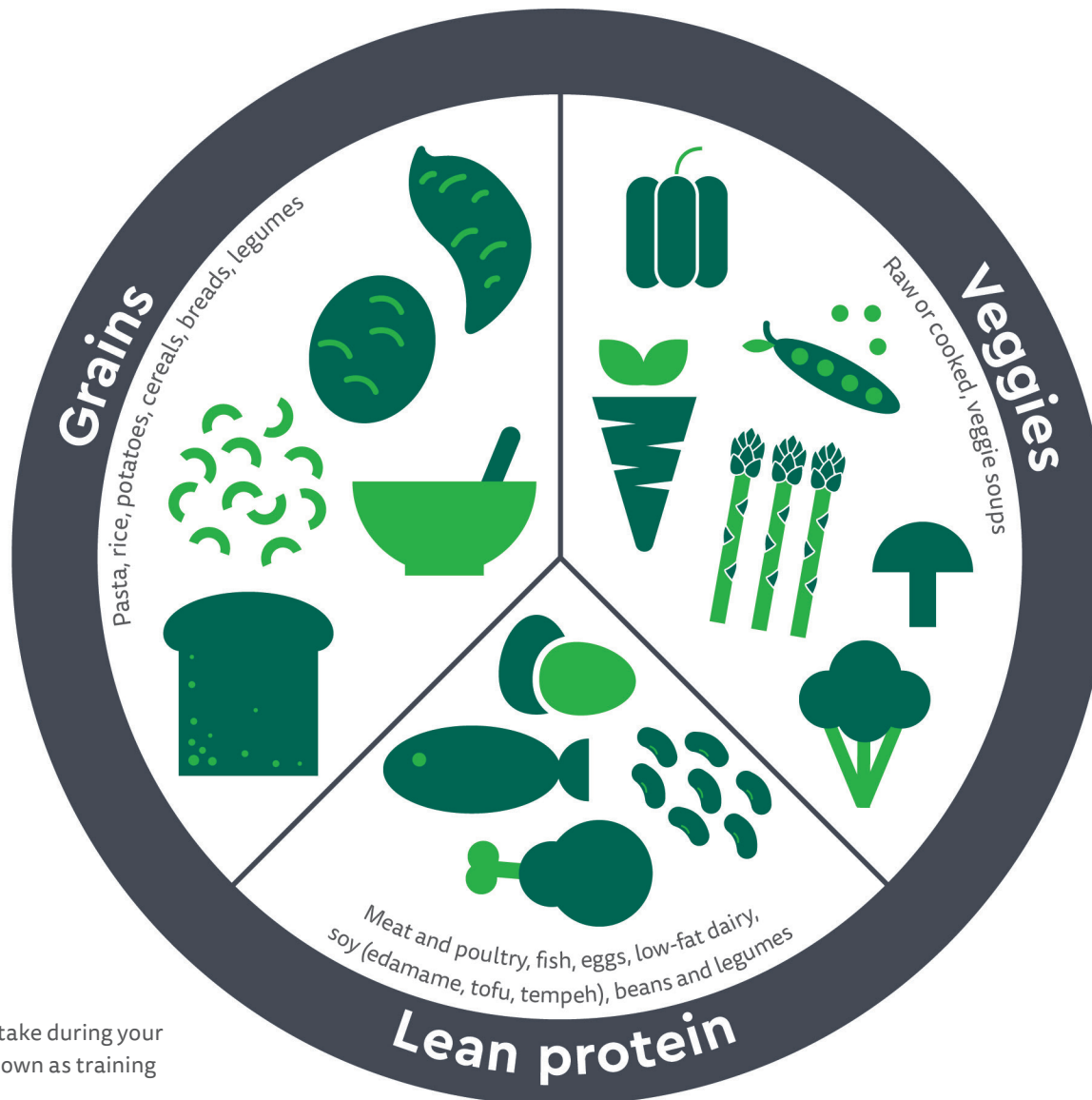
- Nuts and butters
- Avocado
- Oils
- Seeds
- Spreads (mayo, cream cheese)
- High-fat dairy products



### Fruit

- Fresh
- Stewed
- Dried

\*This should be your baseline food intake during your sport's season. You will adjust up or down as training gets harder or easier from here.



### Drinks

- Water
- Milk
- Diluted juice



### Flavor ideas

- Salt and pepper
- Herbs
- Spices
- Vinegar
- Salsa
- Ketchup
- Mustard

# Athlete Eats

## Intense training or game day

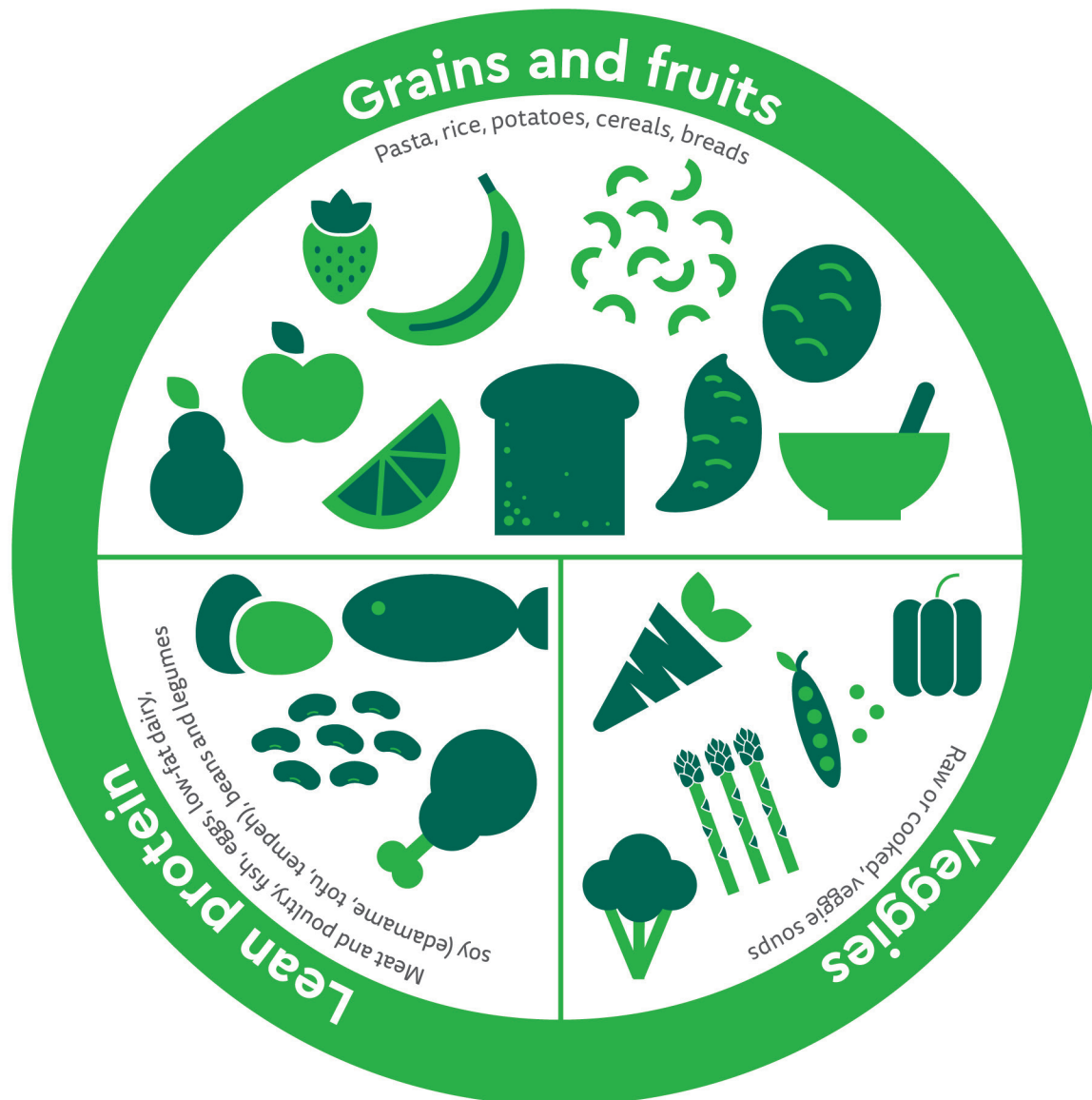
Load your plates like this if you plan to have at least two intense workouts for the day or if it's the day of your game, race or competition.

# SPORTS MEDICINE CENTER



### 1 teaspoon of fats

- Nuts and butters
- Avocado
- Oils
- Seeds
- Spreads (mayo, cream cheese)
- High-fat dairy products



### Drinks

- Water
- Milk
- Diluted juice
- Sports drinks



### Flavor ideas

- Salt and pepper
- Herbs
- Spices
- Vinegar
- Salsa
- Ketchup
- Mustard