

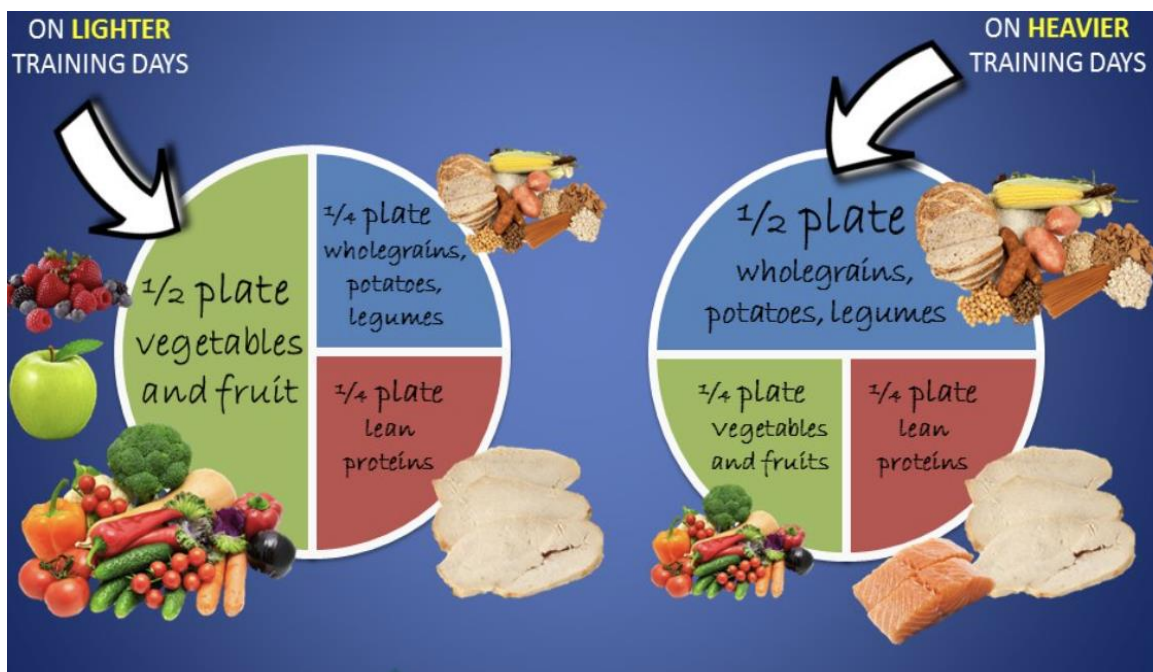
## Daily Nutrition- Performance Plate at Meals

Your Performance Plate at meals plays a significant role in your energy levels, hydration status, and recovery potential.

### Key Components of a Performance Plate:

1. **Whole grains or energy enhancing foods:** 100 percent whole grain bread, bagels, tortillas, pita bread and crackers, brown rice, whole grain pasta, beans, potatoes, oatmeal, whole grain breakfast cereals, yogurt.
2. **Lean protein or recovery/ muscle building foods:** Grilled, baked, broiled, roasted chicken, fish, pork loin, turkey, sirloin and lean ground beef, eggs, low fat cheese and cottage cheese, Greek yogurt, tofu, tempeh, nuts and nut butters, seeds, hummus, (milk, beans and lentils which are also significant source of carbohydrate)
3. **Fruits and vegetables or antioxidant rich foods:** Apples, oranges, bananas, blueberries, grapes, melon, strawberries, broccoli, green beans, spinach, romaine lettuce, carrots, cauliflower, mushrooms, cucumbers, and tomatoes for example.
4. **Fat immunity/ flavor boosting foods:** Salmon, tuna, nuts, seeds, olives, olive oil, canola oil, avocado, nut butters, oil-based salad dressings.
5. **Fluid or hydration promoting beverages-** water, low-fat milk (cow, almond, soy, etc) 100% fruit juice.

## How to Build a Performance Plate



**Lighter Training days:**

Aim for ½ plate fruit and veggies, ¼ plate whole grains or other carbohydrate rich energy enhancing foods, ¼ plate lean protein

**Sample Breakfast:**

- 1 or 2 slices whole wheat toast, low fat yogurt
- Turkey and vegetable omelet
- Blueberries on top of yogurt
- Walnuts on top of yogurt
- Water

**Sample Lunch:**

- Whole grain crackers
- Grilled chicken strips (on top of vegetable salad)
- Veggie salad (spinach leaves, romaine lettuce, tomatoes, cucumbers, mushrooms, olives)
- Avocado (on salad) and oil-based salad dressing
- Water

**Sample Dinner**

- Baked Potato
- Baked Salmon
- Steamed Broccoli, side vegetable salad
- Oil based salad dressing, toppings on the potato
- Water and or low-fat milk

### **High Volume/ Hard Training Days & Weeks:**

Aim for ½ plate whole grains or other carbohydrate rich energy enhancing foods, ¼ plate fruits and vegetables, ¼ plate lean protein

#### **Sample Breakfast**

- 2 or 3 whole grain pancakes, low fat yogurt,
- Turkey and vegetable omelet or scrambled eggs
- Blueberries (on top of yogurt),
- Crushed walnuts on top of yogurt,
- Syrup for pancakes,
- Water

#### **Sample Lunch**

- Whole wheat tortilla, baked corn chips or pretzels
- Grilled chicken strips (in tortilla)
- Spinach leaves and tomato in tortilla, fresh fruit salad or cuties
- Avocado and hummus (in tortilla)
- Water and or electrolyte sports drink

#### **Sample Dinner**

- Whole grain pasta, dinner roll
- Meatballs (lean ground beef, ground turkey or meatless option)
- Tomato sauce (for pasta) steamed broccoli, side vegetable or fruit salad)
- Oil based salad dressing
- water or low-fat milk

References:

Sport Nutrition Handbook for Professionals Sports Cardiovascular and Wellness Nutrition Dietetics Practice Group 6<sup>th</sup> edition.

Position of the Academy of Nutrition and Dietetics, Dietitians of Canada, and the American College of Sports Medicine: Nutrition and Athletic Performance 2016.

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