

# 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.

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### 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

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## 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.

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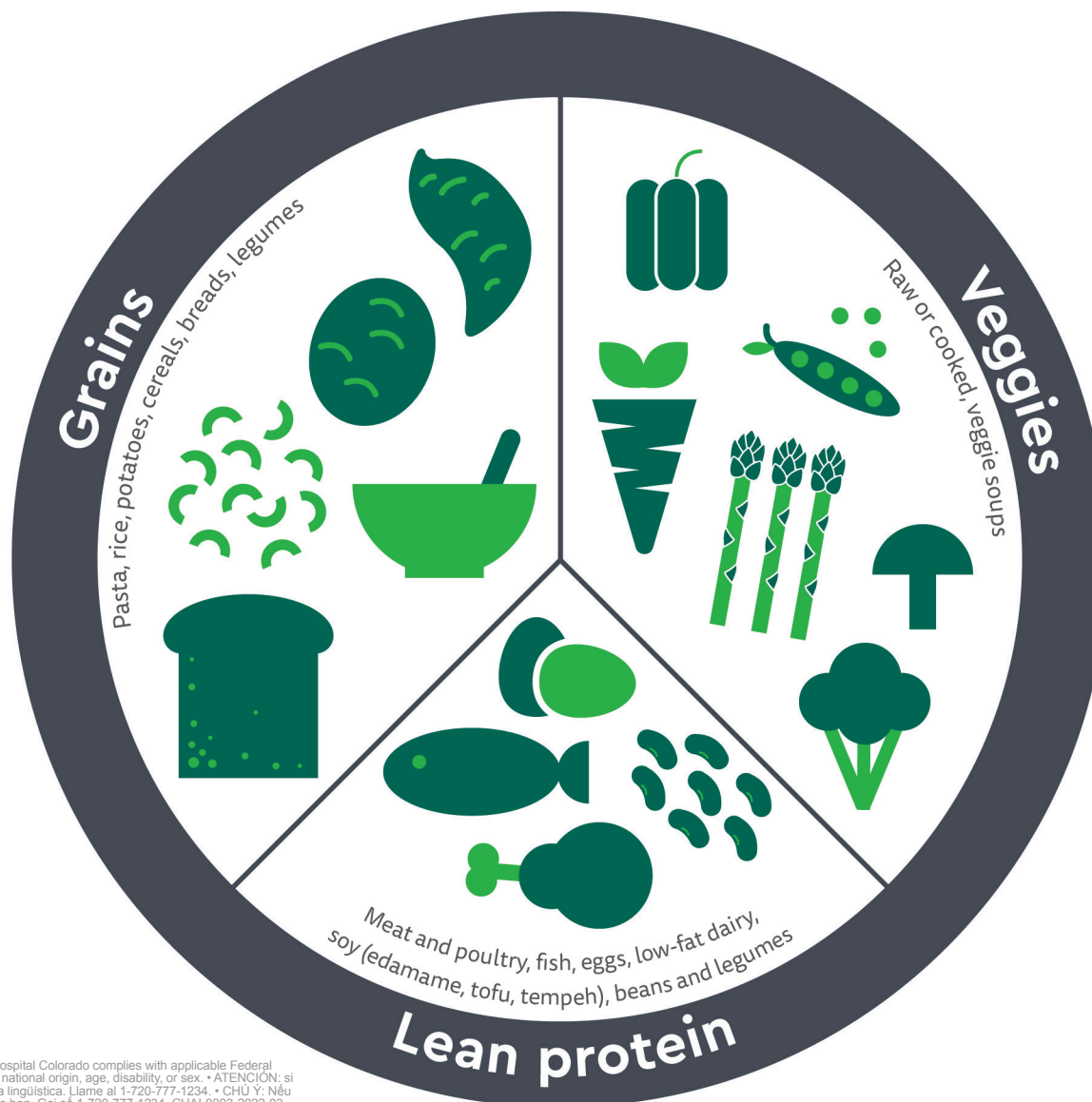
### 1 tablespoon of fats

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



### Fruit

- Fresh
- Stewed
- Dried



### 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.



### 2 tablespoons 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