Properly fueling can provide an edge over other athletes who don’t focus on their nutrition.

- Calorie and nutrient needs vary depending upon intensity and phase of training.
- This plate represents a hard training day. On light training days, substitute 1/4 plate of whole grains with 1/4 plate of fruits and vegetables.

**Healthy Fats**

Moderate amounts of healthy fats provide a concentrated energy source and essential fatty acids.

[nuts, seeds, oil and fatty fish]

**Whole Grains**

Carbohydrates fuel muscles and are the quickest source of energy for athletes.

**Protein**

Protein foods are essential for building/repairing muscle and helping to support immune function.

**Fruits & Veggies**

Many fruits and vegetables provide nutrients that have been linked to reduced oxidative damage from hard training.

**Fluids**

Stay hydrated by drinking fluids at mealtime and throughout the day.

[milk, water, 100% fruit juice]

For advice on customizing a nutrition plan, consult a sports dietitian.