

# ATHLETE'S PLATE

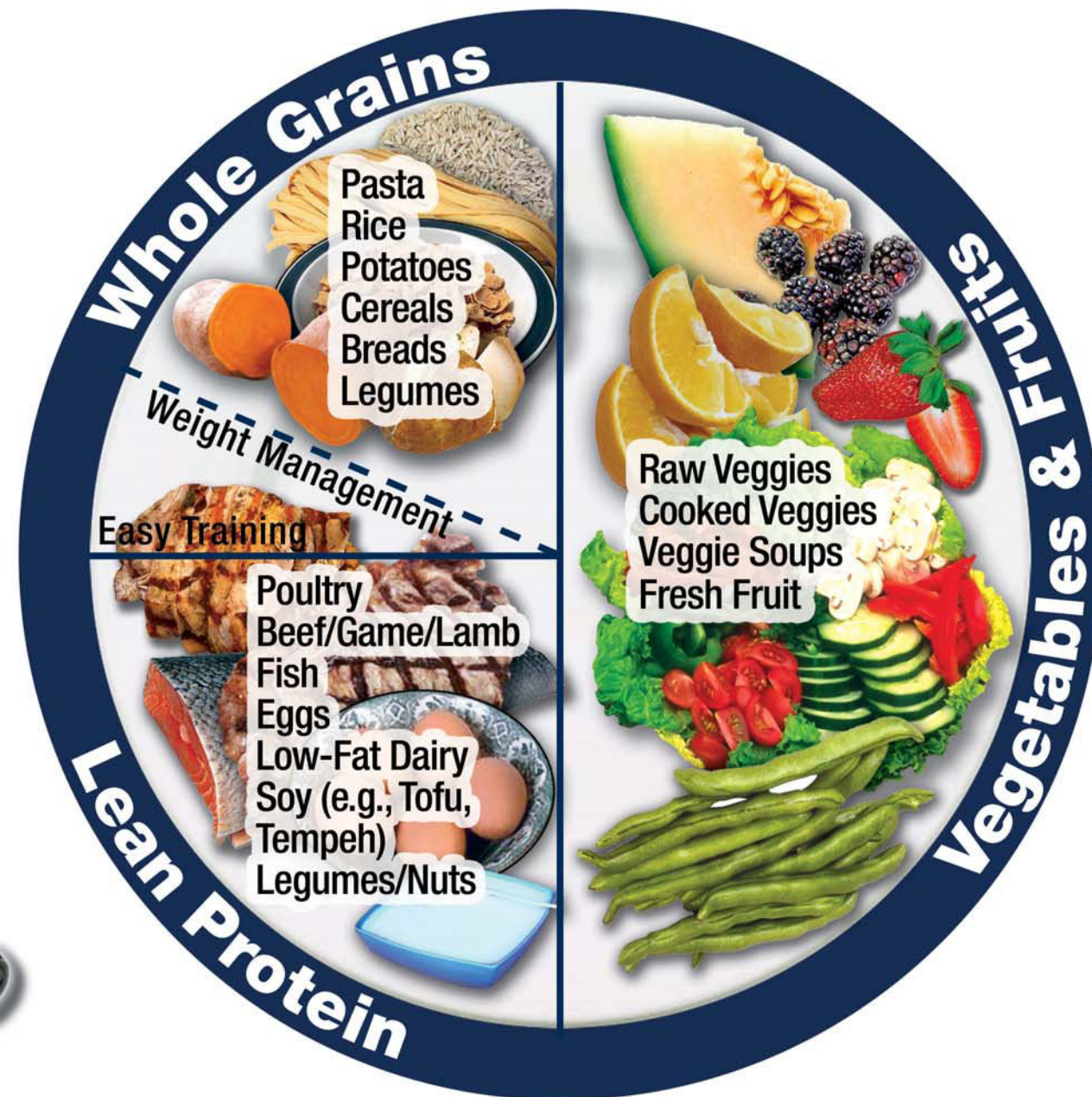
## EASY TRAINING / WEIGHT MANAGEMENT:

### FATS

1 Teaspoon



Avocado  
Oils  
Nuts  
Seeds  
Cheese  
Butter



Water  
Dairy/Nondairy  
Beverages  
Diluted Juice  
Flavored  
Beverages



Coffee  
Tea

### FLAVORS

Salt/Pepper  
Herbs  
Spices  
Vinegar  
Salsa  
Mustard  
Ketchup



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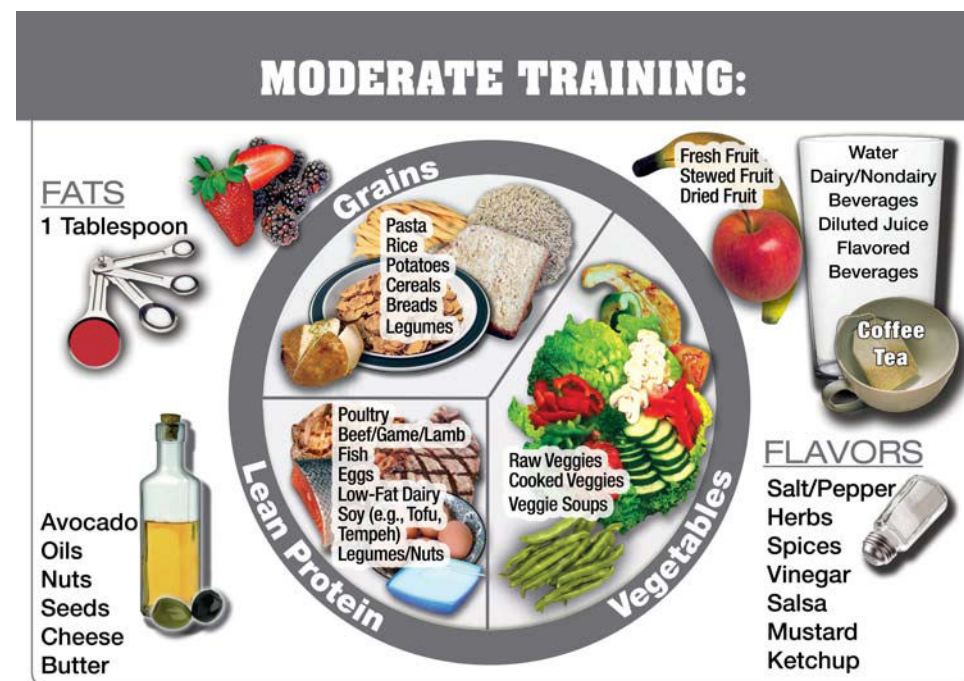
Training volume and intensity vary from day to day and week to week along your training/competition plan. Eating your meals and fueling your workout or race should also be cycled according to how hard or easy it is. Consult with your sport dietitian to put the Athlete's Plate into practice!

## 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 or strength 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.



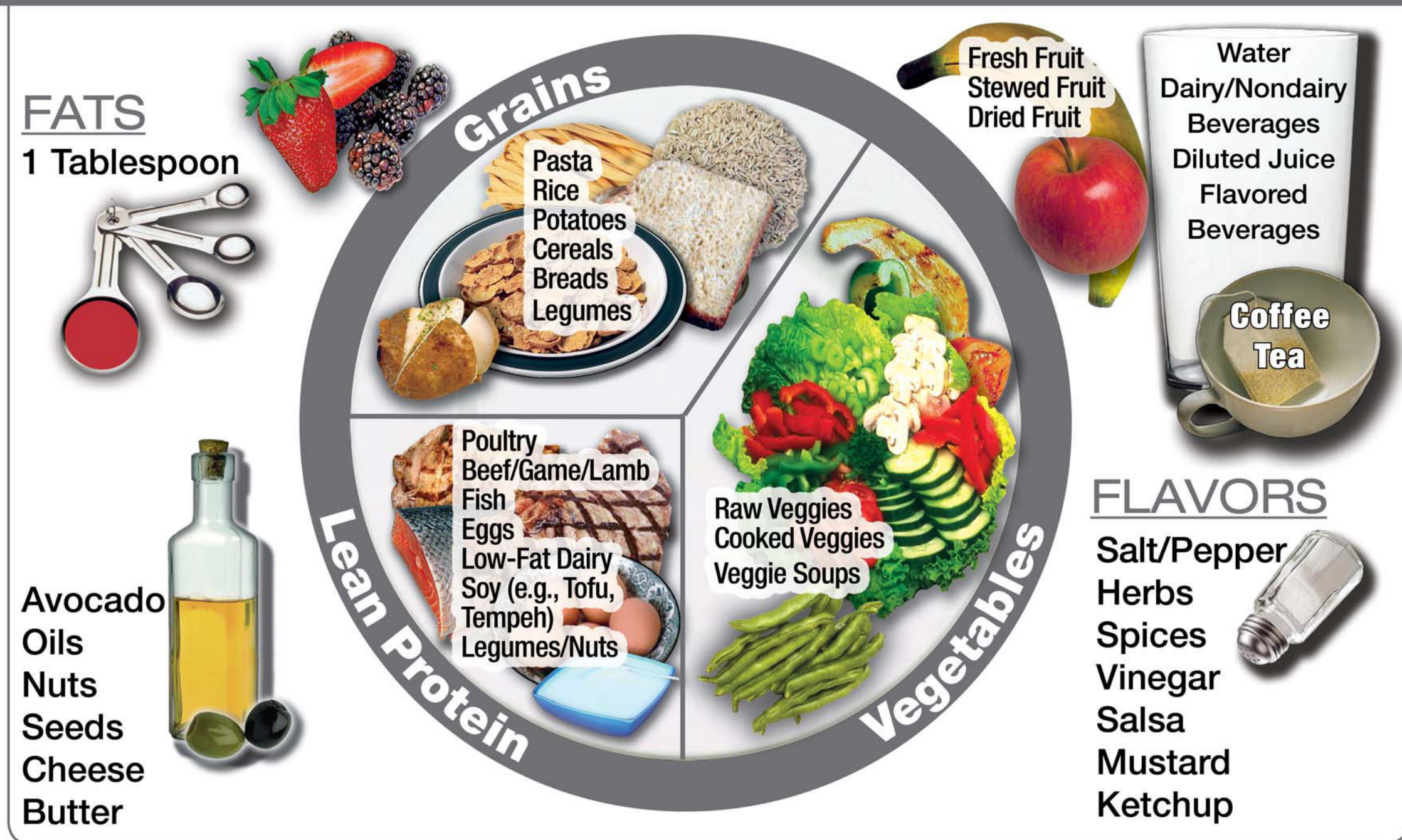
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## MODERATE TRAINING:



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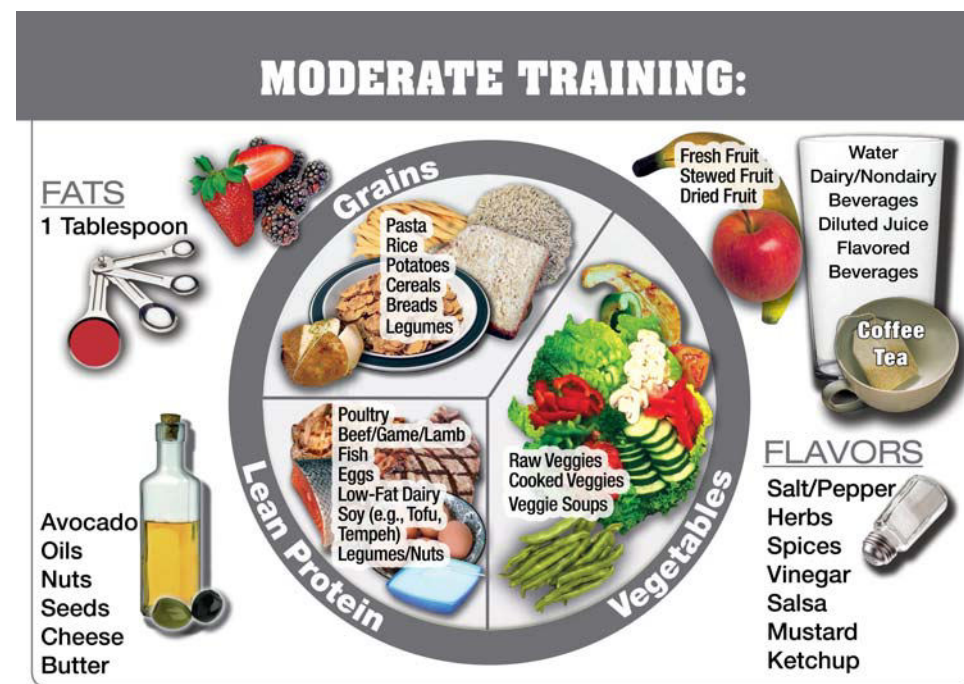
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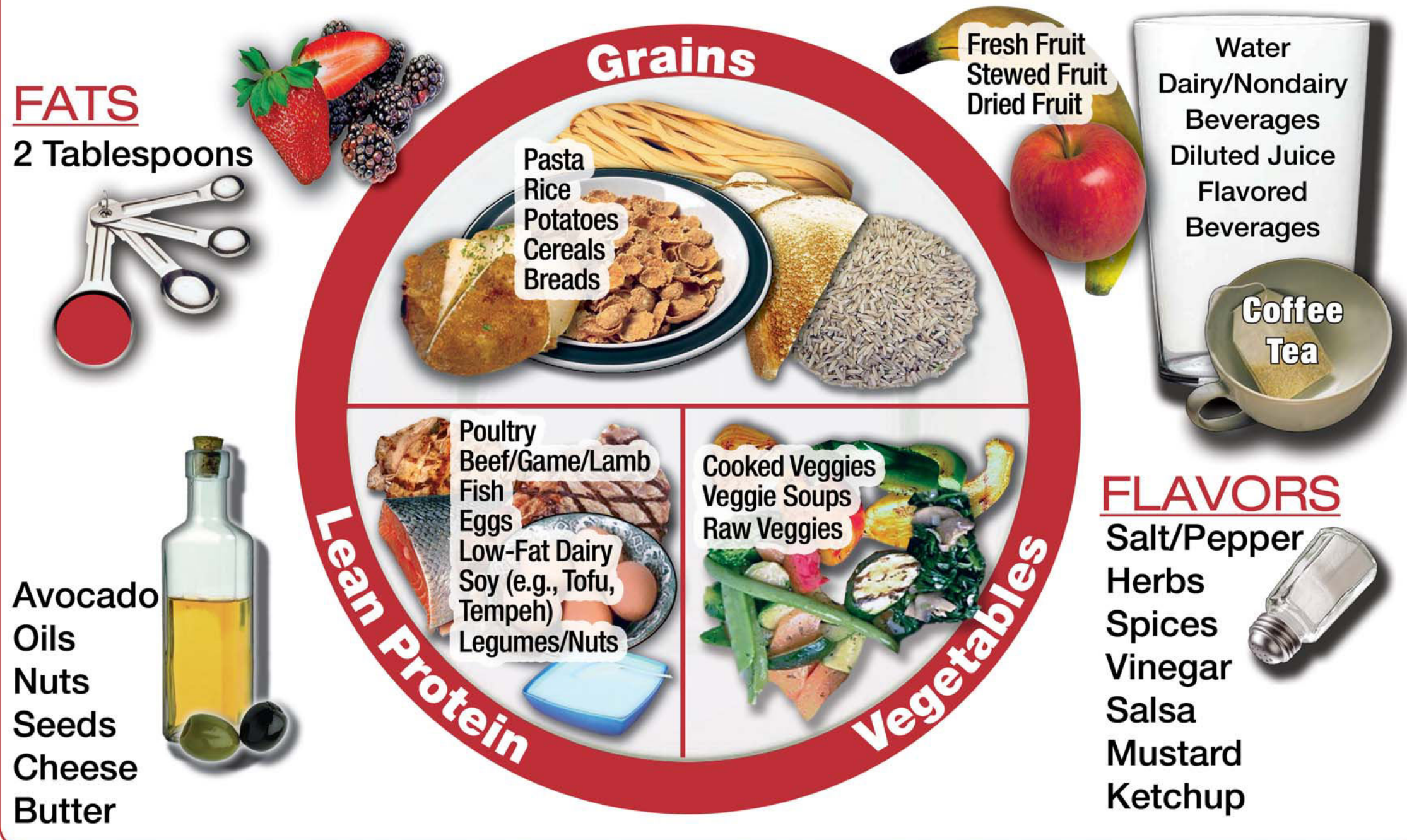
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## HARD TRAINING / RACE DAY:



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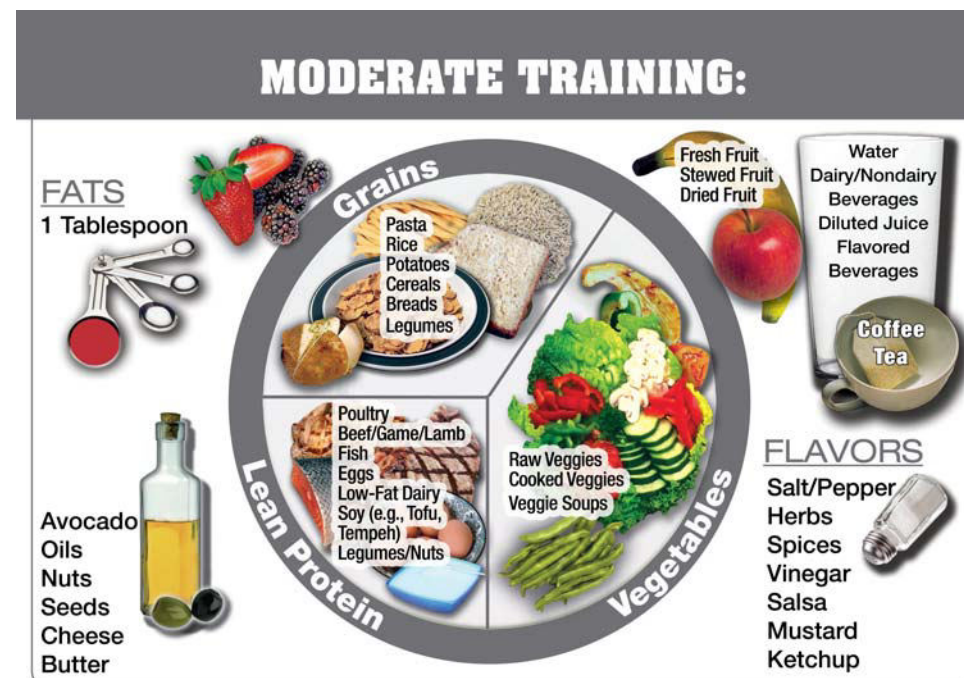
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## Fueling for **Training** — Be Prepared!

You wouldn't drive a car down the highway with the gas tank on "LOW" with no way to get back and you wouldn't race a sports car without fuel in the tank. Likewise, your body and brain can't function optimally without fuel during practice either!

FUELING BEFORE PRACTICE		
4-6 hours before	Eat your final pre-competition meal between 4-6 hours prior to swim practice. Sometimes travel and the timing of practice can make this difficult. Pack a lunch or make smart decisions to postpone a large meal that's served immediately before a practice for after you are finished. If practice is around dinner time, perhaps divide this meal into two smaller size snacks.	<b>EXAMPLES</b> Turkey Sandwich Large Salad w/ Chicken/Fish Pasta Dish Bowl of Soup and half a Sandwich
2-3 hours before	This could be the last time you fuel with solid food, depending on digestion time and stomach tolerance. Eat something simple (taste-wise) containing mostly carbs and protein. It's wise to steer clear of strong flavors and seasonings as these can be more difficult to digest and can cause indigestion on a nervous stomach.	<b>EXAMPLES:</b> Low fat yogurt Cereal and milk Fresh fruit Hummus and pita Small fruit smoothie
One hour or less before	Stick to carbohydrates, with maybe a little protein if you are one to get hungry during practice. Beverages are easier to digest than solid foods, so find a snack that works well for you. High water-containing fruits like oranges, melons and apples are also good options because they digest quickly. Limit heavy solid foods, because it requires more digestion time, and can lead to stomach upset if not enough time is given before.	<b>EXAMPLES:</b> Fruit Juice Chocolate Milk box Orange/Apple/Melon Cereal Bar

And as always....

- Hydrate, hydrate, hydrate! Urine color should be clear.
- Avoid foods higher in fat around training time. High fat foods will slow down your absorption of dietary carbohydrates and slow down fuel delivery to your muscles. And make you feel yucky...

## **Nutrition Planning - Multi-Day Swim Meet on the Road**

The excitement for this week's meet is building! The coaches are very excited to travel as a team and have lined up team meals to eat as a group. Meals will be provided, but snacks at the hotel and pool are on your own. Below are a few considerations when planning your sport nutrition plan for the weekend of fast swimming.

### Challenges in Preparing for a Swim Meet on the Road

- Packing for numerous meals/snacks over the course of a few days is challenging in itself.
- Staying in a hotel limits accessibility to familiar foods preferred on competition day.
- Multi-day meets with long morning/evening sessions can interfere with normally scheduled meal times.
- When the location of a swim meet is significantly far from home, the time away can feel like a vacation. Although having fun is a must, performance and fast swims are the main priority!

### Nutrition Tips When Preparing for your Trip

- Review your travel plans and schedule. Plan to either pack foods or make a shopping list for the grocery store in Albuquerque if time permits.
- Food Storage. Consider bringing or buying a small/cooler that you can store cold items, especially if a refrigerator is not included in your room. Also, a small knife for cutting fruit can come in handy.
- Meet Snacks. Purchase and pack enough competition days snacks for the weekend. Go with familiar foods, instead of trying to track down something last minute or at the swim meet (snack bar food choices leave much to be desired!) Use the below chart as a shopping list to get you started:

Performance Based Snacks for the Pool	
<b>Cereal</b> <ul style="list-style-type: none"><li>- Organic Instant Oatmeal</li><li>- Low Fat Granola</li></ul> <b>Bagels/Whole Grain Bread/Spreads</b> <ul style="list-style-type: none"><li>- Whole Grain Bagel/Thins</li><li>- Fruit Spread</li></ul> <b>Fruits</b> <ul style="list-style-type: none"><li>- Bananas</li><li>- Apples</li><li>- Seasonal Fruit</li></ul>	<b>Beverages</b> (buy only as much as can be stored) <ul style="list-style-type: none"><li>- Low-Fat Chocolate Milk</li><li>- Sport Drink</li><li>- Bottled water (for hotel and meet)</li></ul> <b>Snacks</b> <ul style="list-style-type: none"><li>- Granola Bars (e.g. KIND, Kashi, Lara, Nature Valley) — Nut free</li><li>- Non-fat Yogurt (Greek)</li><li>- Pretzels or Crackers</li><li>- Low-Fat Beef/Turkey Jerk</li><li>- Roasted nuts/TrailMix</li></ul>

Hotel Snacks. When killing time in the hotel, it's easy to snack on unhealthy foods out of boredom. Consider purchasing/packing these kinds of snacks to avoid this from happening:

- Fresh cut vegetables w/ hummus
- Whole Grain cereal to snack on
- Instant Oatmeal packets
- Bottled Waters
- Loaf of bread w/ deli meat



## My Multi-Day Swim Meet Nutrition Plan

By Alicia Kendig Glass, US Olympic Committee Senior Sports Dietitian

\***Swimmers:** Use this chart to develop your race day plans for the meet this weekend (use multiple sheets if needed)

<b>Meet:</b>		<b>Date:</b>		
<b>Important Meals/Snacks</b>	<b>Goal</b>	<b>Time of Day</b>	<b>Examples</b>	<b>My Plan</b> (Write in your planned meals/snacks)
<b>Dinner night before meet</b>	<b>Time:</b> 3-4 hours prior to bedtime <b>Why:</b> Top off energy stores for a full weekend of racing <b>What:</b> Carbohydrate based meal, with a lean protein choice and fresh vegetables	<div style="border-bottom: 1px solid black; width: 50px; margin: 0 auto;"></div> AM/PM	Pasta Meal Rice Bowl Burrito with rice/beans Large salad w lean meat, beans and rice/quinoa	
<b>Breakfast before meet</b>	<b>Time:</b> 2-3 hours prior to <b>race</b> <b>Why:</b> After a good night's sleep, breakfast to boost energy and wake up <b>What:</b> Carbohydrate + Protein small meal	<div style="border-bottom: 1px solid black; width: 50px; margin: 0 auto;"></div> AM/PM	Toast with PB Cereal with milk Smoothie made w milk Eggs and toast Yogurt and granola	
<b>Snacks before meet starts</b>	<b>Time:</b> Within 1 hour of race <b>Why:</b> Snack after warm-up, and a dose of quick energy for racing <b>What:</b> Carbohydrate snack	<div style="border-bottom: 1px solid black; width: 50px; margin: 0 auto;"></div> AM/PM	Pretzels Fruit (Banana, apple, orange) Plain bagel Dried fruit Sport Drink Cereal Bar	
<b>Recovery snacks after swims</b>	<b>Time:</b> ASAP after race, then every 1-2 hours of the meet <b>Why:</b> Repair muscle, restore energy after racing and prepare for the next race <b>What:</b> carb + protein beverage	<div style="border-bottom: 1px solid black; width: 50px; margin: 0 auto;"></div> AM/PM	Chocolate Milk Box Soymilk Box Yogurt Fruit Smoothie made w/yogurt Carnation Instant Breakfast	
<b>Recovery meal after meet</b>	<b>Time:</b> Within 2 hours of last race <b>Why:</b> Repair muscle, restore energy after racing and prepare for the next race day <b>What:</b> a carbohydrate-based meal, with a lean protein choice and fresh vegetables	<div style="border-bottom: 1px solid black; width: 50px; margin: 0 auto;"></div> AM/PM	Pasta Meal Rice Bowl Burrito with rice/beans Large salad w lean meat, beans and rice/quinoa	