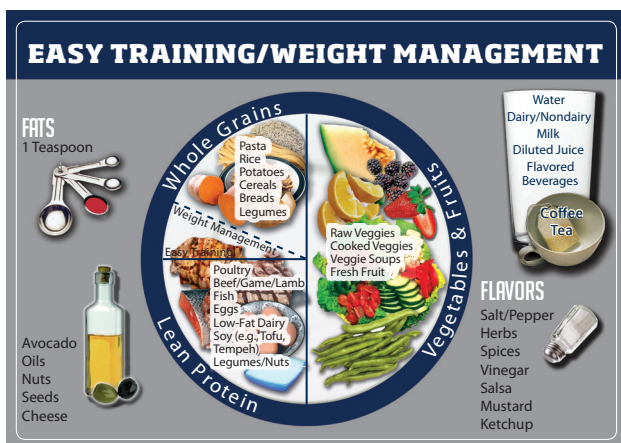
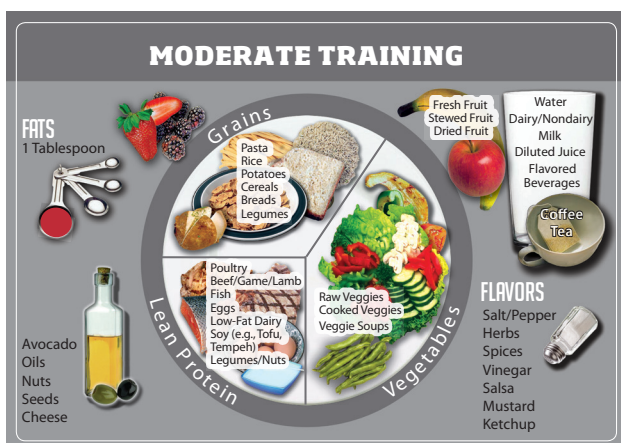


# ATHLETE'S PLATES

The physical demands of practices and games are different from day to day and your diet should reflect these differences. The athlete's plates have been designed as a food guide for athletes to follow based on the physical demands of the day. The athlete's plates consist of an easy training plate, moderate training plate, and hard training/game day plate. The moderate training plate is meant as baseline and changes to the easy or hard plates should be made from it. Pay attention to the amount of food on each plate as well as the portions of each food group.



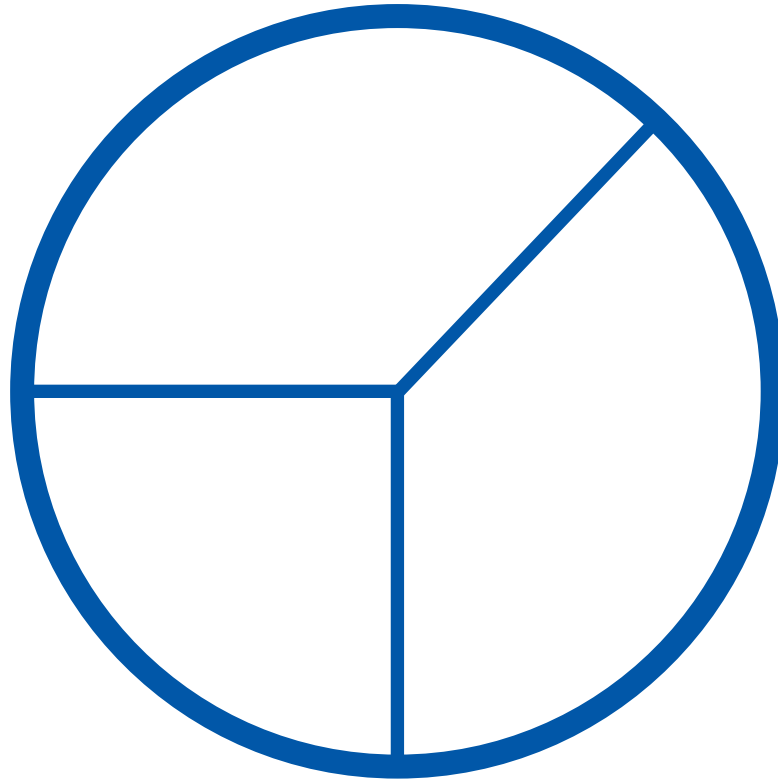
This plate may be used on days with one light practice or during a tapering period when loading up for competition is not needed. It may also apply to athletes trying to lose weight or during rest/off-season times. Notice that this plate contains a smaller portion of grains and less food overall than the other two plates.



This is what an athlete's plate should typically look like while in-season. Use this plate as a guide for days with two practices, where one focuses on technical skills and the other on strength and/or endurance or for days with one long, intense practice. Notice the grains portion is larger than the easy plate portion.



This plate may be used as a guide for game days or during a period with at least two hard practices every day, such as preseason. It may also be helpful to use this plate during tournaments. Notice that the grains portion is now half the plate. This is important because grains will supply the energy you need to perform well.



### **CUSTOMIZE YOUR PLATE!**

Find a pencil and make this your plate. Label the sections and fill them in with foods you like to eat when you are in-season and playing lacrosse everyday. Don't forget to include a beverage and fruit to the side of the plate. Here are some ideas to help get you started. Try to fill the plate with foods you like!

#### **Breakfast idea:**

- Whole grain cereal with milk or yogurt
- Fruit - banana, orange, berries, etc.
- Scrambled egg(s) with olive oil, spinach, tomatoes, & cheese
- Whole grain toast

#### **Lunch idea:**

- Sandwich on whole grain bread with turkey, lettuce, tomato, avocado, and mustard
- Carrot sticks
- Fresh fruit - apple, banana
- Granola bar or granola with yogurt

When you eat is just as important as what you eat. A full breakfast should be eaten 1-2 hours before practice and lunch should be eaten 2-3 hours before practice.

*The Athlete's Plates are a collaboration between the United States Olympic Committee Sport Dietitians and the University of Colorado (UCCS) Sport Nutrition Graduate Program*