

Performance Nutrition For Sport

Competition Day Handout

Food Source Chart

Macronutrient	Food Sources WHICH I WILL EAT (or Try)
Protein	
Carbohydrates	

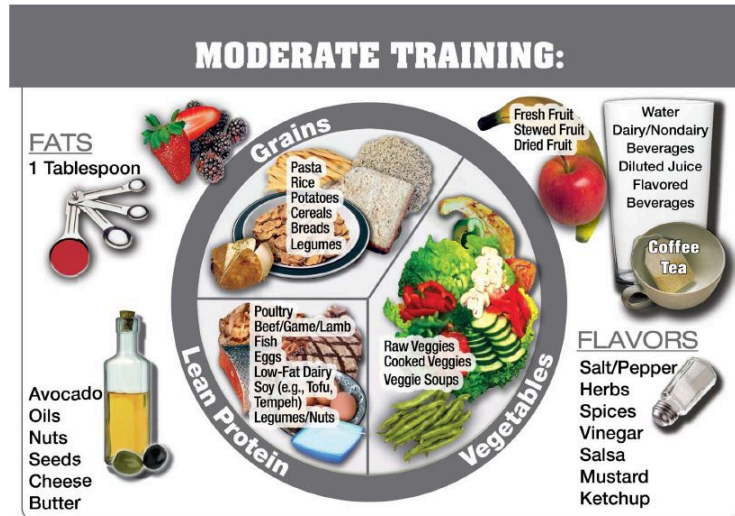
Food	Portion	Approximate Content (g)
Milk	1 cup (250 ml)	9
Greek yogurt/ cottage cheese	175 mL ($\frac{3}{4}$ cup)	18
<i>Fortified soy beverage</i>	<i>1 cup (250 ml)</i>	<i>7</i>
Eggs	1 egg	6
Meat, fish or poultry, cooked	75 g (2 $\frac{1}{2}$ oz) / 125 mL ($\frac{1}{2}$ cup)	21
<i>Dried beans, peas or lentils, cooked</i>	<i>175 mL ($\frac{3}{4}$ cup)</i>	<i>12</i>
<i>Firm Tofu</i>	<i>175 mL ($\frac{3}{4}$ cup)</i>	<i>21</i>
<i>Nuts and Seeds</i>	<i>60 mL ($\frac{1}{4}$ cup)</i>	<i>7</i>
<i>Peanut butter or other nut/seed spread</i>	<i>30 mL (2 Tbsp)</i>	<i>6</i>
<i>Quinoa</i>	<i>125 mL ($\frac{1}{2}$ cup)</i>	<i>3</i>

Your Sports Nutrition Plan

What time is your activity:_____

Timing	What to include	What will you have?
2-4 hours before	20-30 g protein 10-20 g fat 50-100 g carbs 600-1000 ml water HEALTHY BALANCED PLATE	
0-60 minutes before	<10 g protein <5 g fat 30-60 g carbs 250-500 ml water	
During Sport/Activity	Water!! Sports beverage? Other?	
Post Sport/Activity	20-40 g protein <10 g fat 50-100 g carbs 600-1000 ml water	

ATHLETE'S PLATE



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.
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Your Athlete's Cooler

- 3-4 pieces fruit
- 1 PB & J sandwich
- 1-2 mini tuna cans
- 1 snack bag crackers
- 2 sports bars
- Refillable water container
- 2 sports drinks or powder to make sports drinks
- Optional: 2 packets Greek yogurt, wrap with low-fat cheese and lean turkey/chicken, quinoa or pasta salad with tomatoes, chicken and light dressing
- Other _____