

Building a Performance Plate

Just like you periodize your workouts, you should adjust your nutrition to match your training load. The more active you are, the more energy (calories) your body needs especially from energy-dense food like grains/starches and healthy fats.

Vegetables

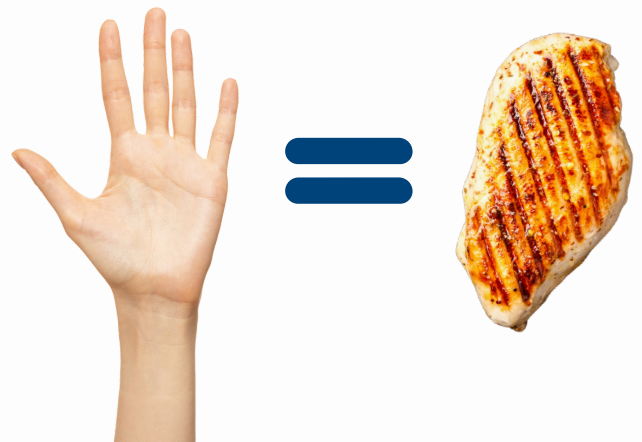
Vegetables are high in essential nutrients for the body, however, they don't contain a lot of calories. If you're exercising an hour or less per day or trying to lose weight, vegetables should be $\frac{1}{2}$ the plate. The more training you do, the smaller the proportion of vegetables.

Grains/starches

Grain/starches provide a lot of calories (energy) for the body to run on. If you are doing low volume training (less than an hour per day) carbs should only be $\frac{1}{4}$ of your plate. As your training volume increases, your proportion of grains/starches increases. For those training more than 4-5 hours per day (20-25 hours per week) grains/starches would be up to $\frac{1}{2}$ your plate

Protein

- Protein should be the size your hand flat hand.
 - About $\frac{1}{4}$ - $\frac{1}{3}$ plate, about 4-6 oz for females and 6-8 oz for males.
- This would include baked/grilled chicken, turkey, fish or lean pork/beef.



Healthy Fats

- Don't forget about healthy fats. These help to absorb vitamins, make you feel more full and are very calorie dense.
 - A serving of health fat should be 1 tsp, 1 tbsp or 2 tbsp depending if you're doing low, moderate or high volume training.

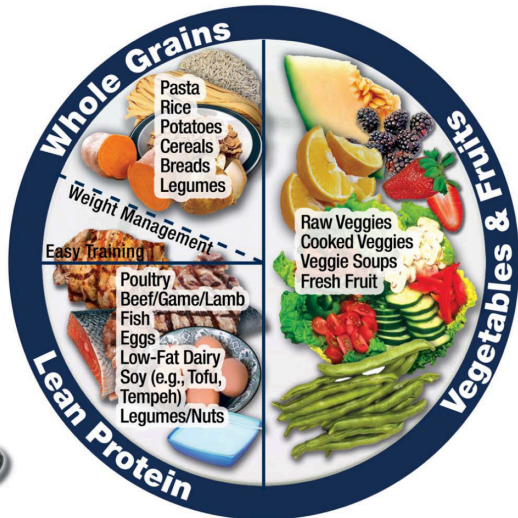
EASY TRAINING / WEIGHT MANAGEMENT:

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



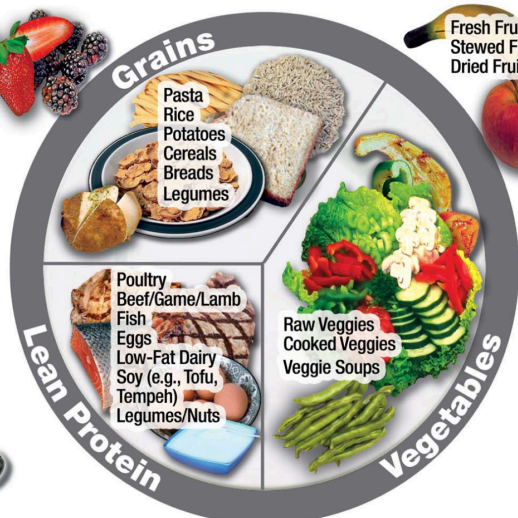
MODERATE TRAINING:

FATS

1 Tablespoon



Avocado
Oils
Nuts
Seeds
Cheese
Butter



Fresh Fruit
Stewed Fruit
Dried Fruit

Water
Dairy/Nondairy
Beverages
Diluted Juice
Flavored
Beverages

Coffee
Tea

FLAVORS

Salt/Pepper
Herbs
Spices
Vinegar
Salsa
Mustard
Ketchup



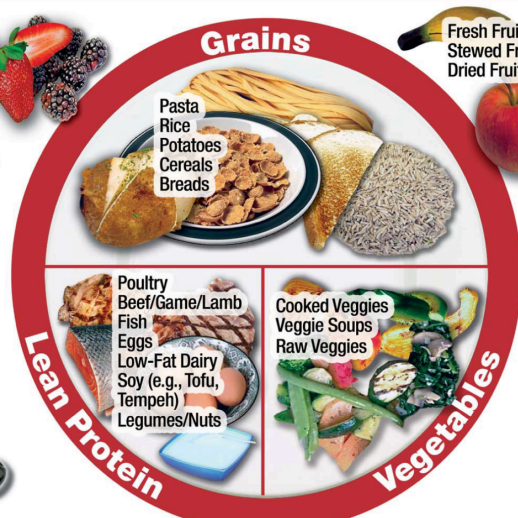
HARD TRAINING / RACE DAY:

FATS

2 Tablespoons



Avocado
Oils
Nuts
Seeds
Cheese
Butter



Fresh Fruit
Stewed Fruit
Dried Fruit

Water
Dairy/Nondairy
Beverages
Diluted Juice
Flavored
Beverages

Coffee
Tea

FLAVORS

Salt/Pepper
Herbs
Spices
Vinegar
Salsa
Mustard
Ketchup



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Sports Nutrition

Use the following performance plate examples as a guide based on your performance goals for how to structure your meals.

If you're exercising for 2-3 hours per day (10-15 hours per week) your plate should be 1/3 protein, 1/3 vegetables and 1/3 grains/starches.

Less active means more vegetables.
More active means more grain/starches.

You can only eat so much food at one time.
Changing the proportions allows you to fuel your body to match your training volume.

If you aren't sure which plate to follow, please reach out to schedule an appointment with our sports dietitian.

The Moderate Training plate is what a typical in-season athlete's plate should look like.

Use your hands to determine individual servings:

- Open flat hand = Protein, is always 1/4 - 1/3 plate (4-6 oz for females and 6-8 oz for male)
- Closed fist = 1/4 plate
- Open cupped hand = 1/3 plate
- Full open hand = 1/2 plate

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Sports Medicine