Siskiyou Community Health Center

EATING FOR PEAK ATHLETIC PERFORMANCE

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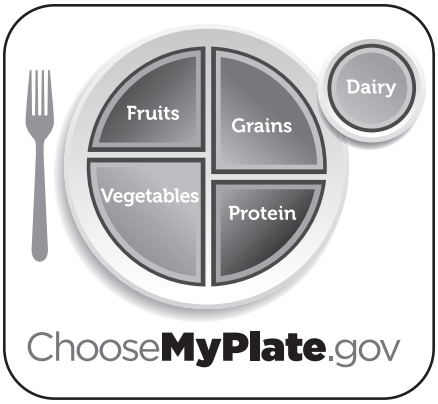
The Basics

Fuel Up For Peak Performance

Want to feel your best? Look great? Have energy? Eating a balanced diet in combination with regular activity is the way to go. Think nutrient-rich, which means getting the most from the foods you choose. Good nutrition is key for optimal performance; however, research shows that athletes don't need a diet different from what is recommended by the Dietary Guidelines and MyPlate.

Use MyPlate as a visual cue to identify the Five Food Groups and let it serve as a reminder when you build your plate at every meal.



Build a Healthy Plate

- Make half of your plate colorful fruits and vegetables.
- Choose low-fat or fat-free dairy products. They have the same essential nutrients as whole-milk varieties, but less fat and calories.
- Make at least half of your grains whole by choosing 100% whole-grain bread, cereal, rice, pasta, and crackers.
- Enjoy a wider variety of protein-rich foods by including seafood, beans, eggs, and nuts in addition to lean meats and poultry.

For more information and to get your individualized eating plan, visit ChooseMyPlate.gov.

What's a Serving?

Grains
Make at least half your grains whole

1 ounce equals:

- 1 slice of bread
- ½ C cooked cereal
- 1 C cold cereal
- ½ C cooked rice or pasta

Vegetables
Vary your veggies

1 cup equals:

- 2 C raw, leafy greens
- 1 C raw or cooked veggies
- 1 C vegetable juice

Fruits
Focus on Fruits

1 cup equals:

- 1 C fresh, frozen or canned fruit
- 1 medium to large fruit
- 1 C fruit juice
- ½ C dried fruit

Dairy
Get your calcium-rich foods

1 cup equals:

- 1 C milk or yogurt
- 1 ½ oz. natural cheese (Cheddar, mozzarella, Swiss, Parmesan)
- 2 oz. processed cheese (American)

Protein Foods
Go lean with protein

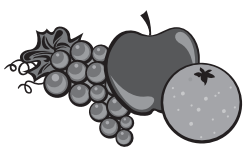
1 ounce equals:

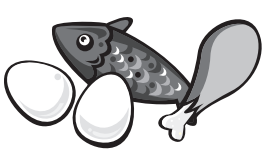
- 1 oz. meat, poultry or fish
- 1 egg
- ¼ cup cooked beans
- 1 Tbsp nut butter
- ½ oz. nuts or seeds

My Three Favorites:

Grains	Vegetables	Fruits	Dairy	Protein Foods
1	1	1	1	1
2	2	2	2	2
3	3	3	3	3







The Basics

Nutrition Building Blocks

The nutrients your body needs for health and athletic performance can be sorted into macronutrients and micronutrients. Macronutrients provide fuel and include carbohydrates, protein and fat; these are needed in larger amounts. Micronutrients include vitamins and minerals and are needed in smaller amounts. Adequate water is also essential to your performance.

Macronutrients

CARBOHYDRATE

Carbohydrate is the body's preferred fuel source for all types of physical activity – everything from stealing second base to jumping hurdles, from spiking a volleyball to running a mile. Fifty to 60 percent of your calories should come from carbohydrates. Carbohydrate-rich foods include yogurt, fruit, cereal, pasta, rice, milk and starchy vegetables such as corn, potatoes and peas.

PROTEIN

Protein builds and maintains muscle mass and aids in muscle recovery. Twelve to 15 percent of your total calories should come from protein. Beef, poultry, fish, eggs, beans, nuts, seeds, milk, yogurt and cheese are all good protein sources.

FAT

Fat is needed in every cell of the body and is a concentrated energy source for endurance events such as running a marathon or playing in a long tennis match. Fat should be 20 to 30 percent of your total calories. Sources of healthy fats include vegetable oils, nuts, peanut butter, olives, avocados and fish.

Micronutrients

VITAMINS

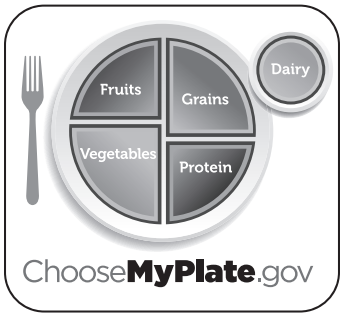
Vitamins A, D, E, K, C and the Bs help your body perform processes such as turning carbohydrate into energy. The best way to get vitamins is to eat a diet that includes foods from all the food groups.

MINERALS

Minerals, such as calcium, iron, magnesium and zinc, form such body structures as bone and control certain processes in the body. Eating a variety of foods from all Five Food Groups will help you meet your mineral needs.

Water

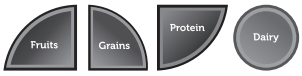
Sixty to 75 percent of body weight is water. Adequate hydration helps the body flush toxins. Enjoy water with snacks and throughout the day.



Sample Training Table Menu

Especially during training, your body needs food. This includes choosing a variety of nutrient-rich foods while providing enough calories (fuel). Eating three meals a day plus two to three snacks is the way to supply energy. Here is a sample menu for a typical training day:

Breakfast



- 1 cup whole-grain cereal with sliced banana
- 1 cup milk
- 1 hard-cooked egg
- 1 piece whole-grain toast
- 1 cup fresh berries

Lunch

- 1 cup lentil soup
- 3 oz. grilled chicken
- 2 cups salad
- 1 Tbsp salad dressing
- 1 cup yogurt
- 1 apple

Dinner

- Refried beans, salsa and cheese rolled in a whole-wheat tortilla
- ½ cup brown rice
- 1 cup sautéed green, red and yellow bell peppers
- 1 cup chocolate milk

Morning Snack

- 7 whole-grain crackers with 2 slices of cheese
- 1 orange

Afternoon Snack

- 1 cup 100% fruit juice
- 1 cup carrots and cucumbers
- ¼ cup hummus

Bedtime Snack

optional, check your hunger level

- 8-12 oz. smoothie with fruit, milk and yogurt

The Basics

High Performance Foods Grab-n-Go!

Carbohydrates rule as fuel. Carbohydrates are the body's preferred energy source and the main fuel for working muscles. These carbohydrate-rich foods are quick-to-fix for snacks at home, practice or pre-event. Keep foods cold with ice packs, coolers or Thermos® bottles.

- Yogurt and granola
- Fresh fruit
- Whole-grain bagel
- Pretzels
- Fig Newtons
- Breakfast cereals (single-serve)
- Dried apricots, raisins and nuts
- 100% fruit juice
- Trail mix
- Instant breakfast drinks
- Peanut butter and crackers
- Rice cakes
- String cheese and crackers
- PB & J
- Tortilla with cheese
- Tuna and crackers
- Pudding
- Cherry tomatoes
- Baby carrots and hummus
- Animal crackers
- Smoothies
- Granola bars
- Graham crackers
- Baked sweet potato
- Low-fat popcorn
- Flavored milk

Graham Cracker Scram

- 2 graham crackers
- Peanut butter
- Banana
- Milk

Spread peanut butter on two graham crackers. Put banana slices on top. Enjoy a glass of milk with your snack.

Monkey Mix

Makes 6 half-cup servings

- 1 ¼ cups dried bananas
- 1 cup dried papaya
- 1 cup dried mango
- ¼ cup coconut
- ¼ cup mini chocolate chips

Combine ingredients and enjoy!

Grand - Slam Cracker Stax

Makes 4 Stax

- 12 crackers
- 4 slices of cheese
- 4 cucumber or tomato slices

Start with a cracker. Put a piece of cheese on the cracker. Add another cracker. Add a cucumber or tomato slice (or both). Top with a cracker. Open wide!

For more recipes, visit NationalDairyCouncil.org.

The Basics

Tips for the Road

If your sport takes you on the road – whether by plane, train or automobile – you often find yourself eating out. With a little consideration, the meals you eat away from home can be just the fuel your body needs.

- Choose waffles, pancakes, oatmeal, yogurt, cereal with milk, fruit and juice
- Try a yogurt parfait
- Select darker, more dense sandwich breads
- Try baked potatoes and salads, small hamburgers or chili
- Enjoy water or milk rather than soft drinks
- Order thick-crust pizza and double the vegetable toppings
- Choose red sauce on pasta

PEAK POINT

Remember, your body needs 40+ nutrients each day and the best way to get them is by eating a wide variety of foods.

Ask the Sports Dietitian

Q: I don't think I get enough vitamins and minerals in my diet. Should I take a supplement?

A: Supplements cannot make up for poor food choices. While they may supply some vitamins and minerals, supplements do not contain all the nutrients found in food. Besides, foods taste better, and it is easier to remember to eat than to pop a pill. To get the 40+ nutrients your body needs each day, eat different foods from each of the Five Food Groups.

Q: What is the best performance diet?

A: The best performance diet is one that includes all Five Food Groups. Some athletes emphasize one food group in the name of performance. However, if you overeat one food group, then you fall short on the other food groups, and you will not get all the vital nutrients your body needs. While carbohydrates are the preferred fuel for exercising muscles and the brain, all of the food groups are important because each provides different macronutrients, vitamins and minerals needed for optimal health and performance. Choose a variety of nutrient-rich foods from all Five Food Groups (dairy, fruits, vegetables, whole grains and lean proteins) for peak performance.

Nutrition Education Services
Oregon Dairy Council
10505 SW Barbur Blvd.
Portland, OR 97219
PH: 503.229.5033
www.oregondairycouncil.org

OFFICIAL BEVERAGE MILK Oregon School Activities Association

Fluid Facts

Importance of Fluids

Water is the most important part of any athlete's diet and for good reason. During activity you lose fluid in the form of sweat. The harder you exercise, the more fluid is lost.

It's not uncommon to lose up to 32 ounces (4 cups) of fluid per hour of exercise in hot, humid conditions. That's a loss of two pounds of body weight. The resulting decrease in strength and endurance can be surprisingly dramatic.

How much to drink?

To stay hydrated and perform your best, follow this simple rule…

Take a fluid break every 15 to 20 minutes – two to three big gulps ought to do it.

Another way to think about it:

Take a peek at your urine.

1. How often are you urinating?
2. What color is your urine?

If it's dark and there's not much of it, you need to drink more. If it's pale yellow (think lemonade), you're probably close to proper hydration.

PEAK POINT

Drink enough fluids daily to prevent thirst; milk, 100% juice and watery foods all contribute to fluid balance. To avoid dehydration due to fluid loss during exercise, take two to three gulps every 15 to 20 minutes.

What to Drink

Individual preference, including taste and energy needs, affects what you choose to drink. For most activities, cool water is the best choice. However, for training camps and long competitions, sports drinks provide a beneficial energy boost. They are designed to replace fluid and provide energy. Many also contain electrolytes such as sodium and potassium, which are lost in sweat.

Fluid Facts

Exercising in Heat: What to Watch For

Compared with adults, and even teenagers, preteens need to be especially mindful to drink enough fluids. They do not handle temperature extremes well; they sweat less, and in general, have a harder time dissipating heat and regulating body temperature, so fluids are important.

Regardless of age, hot and humid days require even more care. High temperatures cause heavy sweating resulting in dehydration if nothing is done to replenish fluids. Not only will performance suffer, potentially life-threatening symptoms of heat illness can appear if thirst is ignored and fluids limited. Watch for these body signals and be prepared to take appropriate action to correct them.

	symptoms	treatment
heat cramps	• Thirst • Chills • Clammy skin • Throbbing heart beat • Nausea	Athlete should: • Drink ½ cup of water every 10 to 15 minutes • During breaks, move to shade and remove as much clothing as possible
heat exhaustion	• Reduced sweating • Dizziness • Headache • Shortness of breath • Weak, rapid pulse • Lack of saliva • Extreme fatigue	Athlete should: • Stop exercising and move to a cool environment • Drink 2-3 cups of water for every pound lost • Take off wet clothing and sit on a chair in a cold shower • Place an ice bag on head
heat stroke	• Lack of sweat • Dry, hot skin • Lack of urine • Visual disturbances • Swollen tongue • Deafness • Aggression • Unsteady walking	You should: • Call for emergency medical treatment immediately • Move athlete to a cool place indoors our under a shady tree • Place feet higher than head to avoid shock • Remove clothing and sponge athlete with towels that are soaked in cold water or spray athlete with cool water • Until help arrives, place ice bags on back and front of athlete's head

PEAK POINT

Bottom Line: Drink water FIRST! Water is your best friend. Remember to take frequent breaks to rehydrate and drink plenty of fluids, even if you don't feel thirsty.

Ask the Sports Dietitian

Q: Sports drinks and energy drinks, tell me more.

A: The American Academy of Pediatrics (AAP) acknowledges that sports drinks can be beneficial for some young athletes (during prolonged activities or day-long events). In most instances however, the Academy encourages water to rehydrate and low-fat or fat-free milk to help meet nutrient needs.

The terms 'sports drink' and 'energy drink' are often used interchangeably, however, they are very different in composition. Sports drinks are typically a combination of water and carbohydrates, with a small amount of sodium and potassium. Energy drinks, on the other hand, in addition to carbohydrates, protein, vitamins and minerals, typically contain stimulants, such as caffeine and guarana (a substance with a similar effect to caffeine). Energy drinks do not provide long-term energy – instead they result in an energy high before "the crash." According to the AAP, stimulant-containing energy drinks have no place in the diets of children and adolescents.

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Fuel for Training and Competition

Timing of Meals

While your day-to-day food habits affect your health and overall sports performance, timing is everything when it comes to fueling during training and competition. Use the guide below to properly fuel before, during and after exercise.

PEAK POINT

Don't forget carbohydrates and fluids at your pre-event meal.

The Pre-Competition Meal

Eating before exercise is necessary to prevent hunger before and during the event. This meal helps you stay physically comfortable and mentally alert.

The timing of the last meal before competition will depend on the duration, intensity and type of event. Experiment with the timing of your meals during training, not before competition. The closer your event draws, the less you should eat. A good rule of thumb is to have your last meal one to three hours before exercise. You want to start most events with an empty stomach but you do not want to feel hungry or weak. Food choices should include carbohydrates which supply fuel to working muscles and fluids to hydrate the body.

Here are some sample pre-competition meals:

BREAKFAST

Oatmeal with milk and sliced bananas, 1 piece of whole-grain toast with a tablespoon of peanut butter, and orange juice

OR…

English muffin with jam and cheese (try fontina or ricotta), orange and milk

SNACK

Whole-grain crackers and cheese

OR…

Fresh berries and a cup of Greek yogurt

LUNCH

Broiled chicken sandwich with lettuce and tomato, green salad, fig bars and milk

OR…

Tofu stir-fry with carrots, peppers, and broccoli over brown rice, peach and chocolate milk

SNACK

Apple slices with peanut butter

OR…

Fruit smoothie made with frozen fruit, milk and yogurt
- try the Berry Blast Smoothie

DINNER

Tostada (tortilla, lettuce, tomato, beef, onions, beans, salsa and cheese), orange, milk and frozen yogurt

OR…

Salmon with pineapple-mango salsa, green beans, rice and milk

Berry Blast Smoothie

Makes 2 servings

- 1 cup frozen raspberries
- 2 (6-ounce) containers fat-free blueberry yogurt
- ½ cup fat-free milk
- 1 Tbsp unsalted, natural almond butter
- 1 Tbsp honey

In a blender, add frozen raspberries, yogurt, milk, almond butter and honey. Cover and puree until smooth. Pour into two tall glasses and serve.

For more recipes, visit NationalDairyCouncil.org.

Fuel for Training and Competition

Eating During Competition

During competition, it's important to not only maintain proper hydration, but if you have the opportunity, fuel your body every 30 to 60 minutes. Endurance activities deplete your muscles' carbohydrate stores. Keep your muscles charged and your energy levels up with carbohydrates during your event. Some examples of foods to try are:

- Fresh fruit
- Dry cereal
- Peanut butter and jelly sandwich
- Crackers
- Sports drinks
- Fruit yogurt

If you are competing in events lasting several hours, solid foods will stave off hunger. Remember to drink plenty of fluid along with food. For many athletes, a combination of solid and liquid, such as banana and sports drink, works well.

Learn which combinations work best for you by experimenting with different drinks and foods during training. Don't wait until competition day to try something new.

Eating Between Events and Heats

Two-a-day practices or competing in several events or heats over one or more days (tennis or wrestling tournaments, swim or track meets, or several basketball or soccer games) can present nutritional challenges. Some athletes may be short on time or not feel like eating between events; however, maintaining energy stores and staying hydrated are critical to performance.

The amount of time between events or heats determines the amount and type of food you eat. Make sure water and sports drinks are always available. The longer you have between competitions, the more you can eat since there is more time to digest food. Use the following tips to guide your choices:

ONE HOUR OR LESS between events or heats, choose fluids or high-carbohydrate foods:

- Sports drinks
- Fruit
- Whole-grain toast or bagel with water
- Graham crackers with water
- Pudding cup

ONE- TO THREE-HOUR BREAKS, try high-carbohydrate foods with lean protein:

- Bowl of cereal with low-fat milk
- A handful of grapes with fruit-flavored yogurt
- Almond butter and crackers
- String cheese and a banana
- Low-fat chocolate milk

THREE OR MORE HOURS, a meal is the way to go:

- Pancakes topped with yogurt and berries, scrambled eggs and 100% fruit juice
- Turkey and cheese sandwich, baby carrots and low-fat milk
- Vegetable pizza with a mixed green salad
- Peanut butter sandwich on whole-grain bread, apple and low-fat chocolate milk

Fuel for Training and Competition

Post-Exercise "Refueling"

Eating for peak performance includes recovery from workouts and competitions. During exercise, your muscles use their primary energy source, carbohydrate. Just like a car needs fuel to run, you need to refuel your muscles after a workout or competition. It takes 24 hours to replace muscle carbohydrate (glycogen) used during exercise. However, by eating within 30 to 60 minutes after exercise, then eating small meals at two and four hours post-exercise you can completely refill muscle energy stores in 12 to 16 hours. Proper refueling also helps reduce soreness and repair muscles so you are ready for your next practice or event.

Essential Recovery Tools

These "fab four" are essential components to any athlete's post-exercise nutrition plan. They help accelerate your body's recovery so you are ready for your next practice or game.

Carbohydrates	Protein	Fluids	Sodium
replenish muscle energy stores	repairs and rebuilds sore and damaged muscles	rehydrate the body	maintains your body's water balance

Check out these tips:

- Within 30 to 60 minutes after exercise, choose high-carbohydrate foods such as graham crackers, 100% fruit juice and a bagel, or yogurt and fruit. Include sources of protein such as lean meats, low-fat milk or yogurt, eggs or beans to repair and rebuild muscle.
- If you can't take solid foods after exercise, try milk, white or flavored – it tastes great and contains all of the "fab four," in addition to other essential nutrients that support healthy bones and bodies.
- Replacing fluids lost from sweat is a priority. After exercise, drink 20-24 ounces for every pound lost.

Examples of recovery meals which are high-carbohydrate and protein-rich:

- Cereal with milk, toast with peanut butter, a piece of fruit and a glass of 100% fruit juice
- Cheese and crackers, fruit and milk
- A fruit smoothie made with frozen fruit, milk and yogurt
- Whole-grain tortilla wrap with ham, cheese, tomato and lettuce, with fresh fruit
- A baked potato with cheese, salsa and a dollop of Greek yogurt, and a glass of 100% fruit juice.

PEAK POINT

After exercise, refuel with the "fab four" – carbohydrate, protein, fluid and sodium. They rock for recovery.

Fuel for Training and Competition

How do you fuel for training and competition?

Use the ideas presented in this handout to create your own fueling plan.

My favorite foods and drinks pre-competition are...	My favorite foods and drinks during competition or between heats and events are…	My favorite foods and drinks to refuel with after exercise are…
1 _____	1 _____	1 _____
2 _____	2 _____	2 _____
3 _____	3 _____	3 _____

Ask the Sports Dietitian ?

Q: Why is caffeine added to some sports bars, gels and beverages, and how does it affect my performance?

A: Studies show that caffeine may enhance performance by improving alertness. However, the American Academy of Pediatrics recommends against the use of caffeine containing products for children and adolescents because in excess amounts, caffeine has been associated with harmful cardiovascular and neurological effects. Instead, it's important to choose nutrient-rich foods and beverages and build balanced meals – let these serve as your fuel for athletic success.

Q: Why is milk good after a workout?

A: Milk – both white and chocolate – provides key nutrients athletes need after exercise.

Milk's Winning Team:

- Milk is 90% water and a great tasting choice after practices and games. Milk's fluids and electrolytes, including calcium, potassium and magnesium, rehydrate the body and replenish what's lost in sweat.
- Carbohydrates refuel muscles after exercise.
- High quality protein helps with muscle recovery.
- Calcium, vitamin D, and phosphorus build and maintain strong bones.
- Milk's potassium helps ward off muscle cramping.
- B vitamins help convert food to energy.

Emerging research in adult athletes indicates that one serving of milk post-exercise may help reduce muscle damage and improve muscle recovery – which in turn, may help the body perform better during its next workout. Improve your post-exercise regimen by refueling with milk within 30-60 minutes after exercise.

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Promoting A Healthy Weight

What's my ideal body weight?

There is no such thing as an ideal body weight. A healthy weight is the weight your body naturally settles into when you consistently eat nutritiously, are physically active and balance the calories you eat with the physical activity you do. With the current emphasis on overweight and obesity, it may be easy to forget that good health is the ultimate goal and that a healthy lifestyle – not a specific body size, shape or weight – is the avenue to attain that goal. Achieving and maintaining a healthy weight is part of an ongoing lifestyle that can help you be your best and compete to your potential.

Each person is unique in how they are built. Your focus should be less about the numbers on the scale and more about your health in general. Use these indicators as a gauge:

- **PERFORMANCE** – Are you performing at the top of your game? Setting personal records? Or are you struggling to reach your peak athletic potential?
- **IMMUNE SYSTEM** – Are you staying healthy? Avoiding colds and the flu? Or are you getting sick frequently?
- **RECOVERY** – Are you able to recover in time to perform for your next competition, race, match or game? Or do your muscles feel worn down and unable to keep up with your athletic demands?
- **SLEEP** – Are you sleeping well? Getting 7-10 hours per night? Did you know that being under- or overweight can affect your sleep patterns?

Performance, immune health, recovery and sleep all tell you about the health of your body. And a healthy body is the key to athletic success.

What is my body trying to tell me?

Hunger and satiety (feeling full) are two signals that tell you when and how much to eat. When your stomach is empty, it tells your brain "it's time to eat," leading to the sensation of hunger. Toward the end of a meal, the feeling of fullness tells you "it's time to stop eating." It may take 20-30 minutes for your stomach to feel full, so slow down and give yourself time to process fullness. Both hunger and satiety help us maintain a healthy body weight – if we learn to listen to the cues.

Let your stomach be your guide

In order to listen to your body, it is best to think before you eat and pay attention as you eat.

Before you eat, ask yourself these questions…

Am I eating because I'm hungry?

- If so, how do you know you are hungry? Did your stomach growl or ache?
- If you aren't hungry, what caused you to want to eat? Were others around you eating? Is it mealtime? Are you sad or bored? Are external cues prompting you to eat?

When you stop eating, ask yourself these questions…

Did I stop eating because I was starting to feel full?

How did I know I was getting full?

- Think about what "moderate fullness" feels like to you. Is it simply that the feeling of hunger is gone? Or is your stomach pushing against your waistband?

If I wasn't full, why did I stop?

- Did you stop because the plate was empty or because others were finished eating?
- If so, are you still hungry or are you getting full? Do you need to eat more or did you satisfy your hunger?

Promoting A Healthy Weight

PEAK POINT

Avoid getting too hungry – sometimes if we wait too long to eat, we may end up eating more than we really need.

Ask the Sports Dietitian

Q: My coach is always on me about eating breakfast. What's the big deal? It's only breakfast.

A: True, it's just one meal, but breakfast is an important meal. Just as your car won't run without fuel in its tank, your body doesn't work to its potential when you don't adequately fuel it in the morning. Not only can eating breakfast help with weight management, it can also improve nutrient intake, enhance your sports performance, and improve your grades. If you don't have time for breakfast at home, or don't feel like eating first thing in the morning, plan to have breakfast a little later. Bring fruit and yogurt from home to eat before school, or eat breakfast at school.

Try these recipes!

Yogurt Parfait

- 8 oz. low-fat vanilla yogurt
- ½ cup fresh fruit (try sliced strawberries, sliced banana, blueberries or raspberries)
- ½ cup granola

Layer yogurt, fruit and granola in a glass. Serve immediately.

Q: Don't I need to eat more protein to build muscle?

A: Simply eating a high-protein diet or taking protein supplements will not build muscle. The winning formula for building muscle is a combination of smart food choices – pre- and post-exercise – and strength training. Overloading muscles with resistance exercise makes them bigger. Protein from foods such as milk, yogurt, lean meat, fish, eggs and beans supply the building blocks for muscle growth and development, and a post-exercise nutrition plan aids in muscle recovery and repair.

Anytime Burrito

Too late for breakfast? Too early for lunch?

Scramble up an egg. While it's cooking, add some cheese, diced green pepper, and onion. Wrap in a tortilla and enjoy with salsa.

For more recipes, visit NationalDairyCouncil.org.

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A Day In *Your* Life

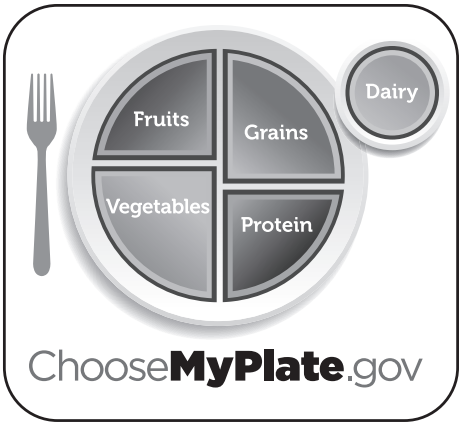
Rate *Your* Plate

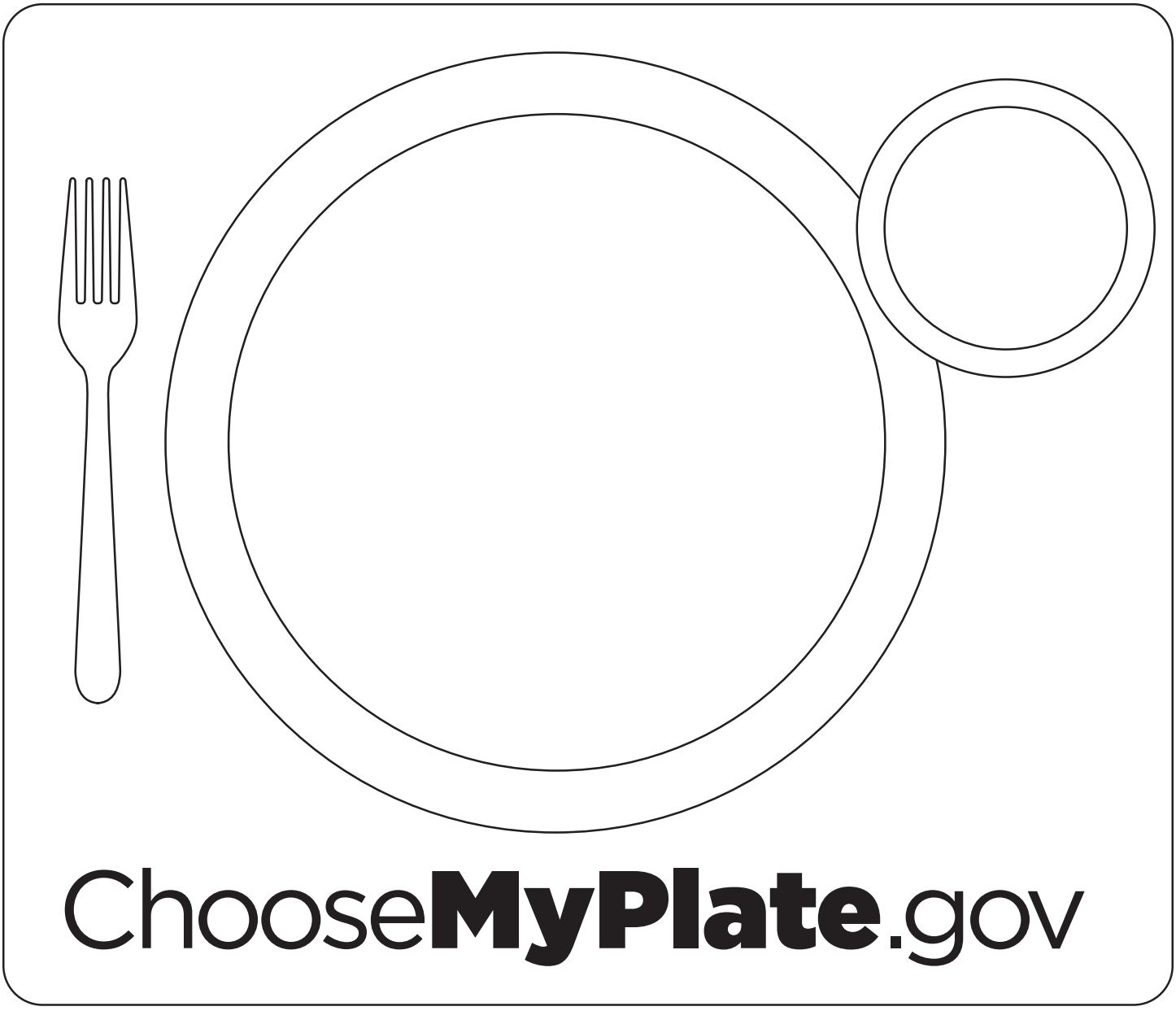
Is *Your* plate in shape? How does it compare to MyPlate? Your daily food choices have a major impact on your body – how you look, feel and perform. Are you making wise decisions to fuel your exercise and promote overall health?

Take a picture of your meal using your phone or camera and paste the picture below.

– OR –

Use the blank MyPlate image below to depict a typical meal of yours. Draw or write what you ate at breakfast, lunch or dinner and include lines to indicate the proportion each food group represents on your plate.





ChooseMyPlate.gov

USDA Center for Nutrition Policy and Promotion

A Day In *Your* Life

So how'd you do?

Yes	No	
☐	☐	Did you include one serving of dairy (milk, cheese, or yogurt)?
☐	☐	. . . was it low-fat or fat-free?
☐	☐	Was ½ of your meal fruits and vegetables?
☐	☐	. . . were any vegetables dark green, red, or orange?
☐	☐	Did you include a protein food (chicken, lean beef, seafood, eggs, beans, peanut butter, etc.)?
☐	☐	Was ¼ of your meal a grain food?
☐	☐	. . . was it a whole grain?
☐	☐	Were most of the Five Food Groups included in your meal?

If you answered "yes" to all these questions, you're likely making smart choices to fuel your active lifestyle.

Plate, bowl, or glass – whatever your dish looks like – most of the food groups should be included at every meal. MyPlate serves as a reminder of how your meals should look in order to be the best you can be.

Compare *Your* plate and MyPlate. What two changes can you make to create a "gold star" plate?

Write some goals you can live with…

Example: To meet daily recommendations from the Milk Food Group, I will pour a glass of milk with my meals.

Goal 1:

_____

_____

_____

_____

_____

Goal 2:

_____

_____

_____

_____

_____

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