



My Plate for Athletes Higher Calorie Needs



1 c
Fruit/100%
Fruit Juice

2 slice of Whole Grain Bread/
Dinner Roll/2 servings of carbs:
rice, pasta, beans, potatoes



2 cups 1% to
Skim Milk/Soy
Milk or 12 oz
yogurt

1 cup
Water

Lean Protein

- Chicken (no skin)
- Eggs
- 90/10 or leaner ground meats
- Nuts/Seeds
- Fish
- Turkey
- Lean Pork



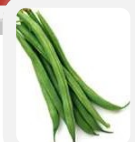
Starch/ Carbohydrates

- Pasta
- Rice
- Regular Potatoes
- Sweet Potatoes
- Corn
- Beans
- Peas
- Winter Squash



Non-Starchy Veggies

- Broccoli
- Cauliflower
- Asparagus
- Spinach
- Tomatoes
- Onions
- Green Beans
- Bell Peppers



Note: Use ~12 inch diameter plate
Second servings are okay!

Also, if eating a carb/protein combo dish (casserole, sandwich, lasagna, etc...) fill half of the plate with carb/protein item and the other half with non-starchy vegetables