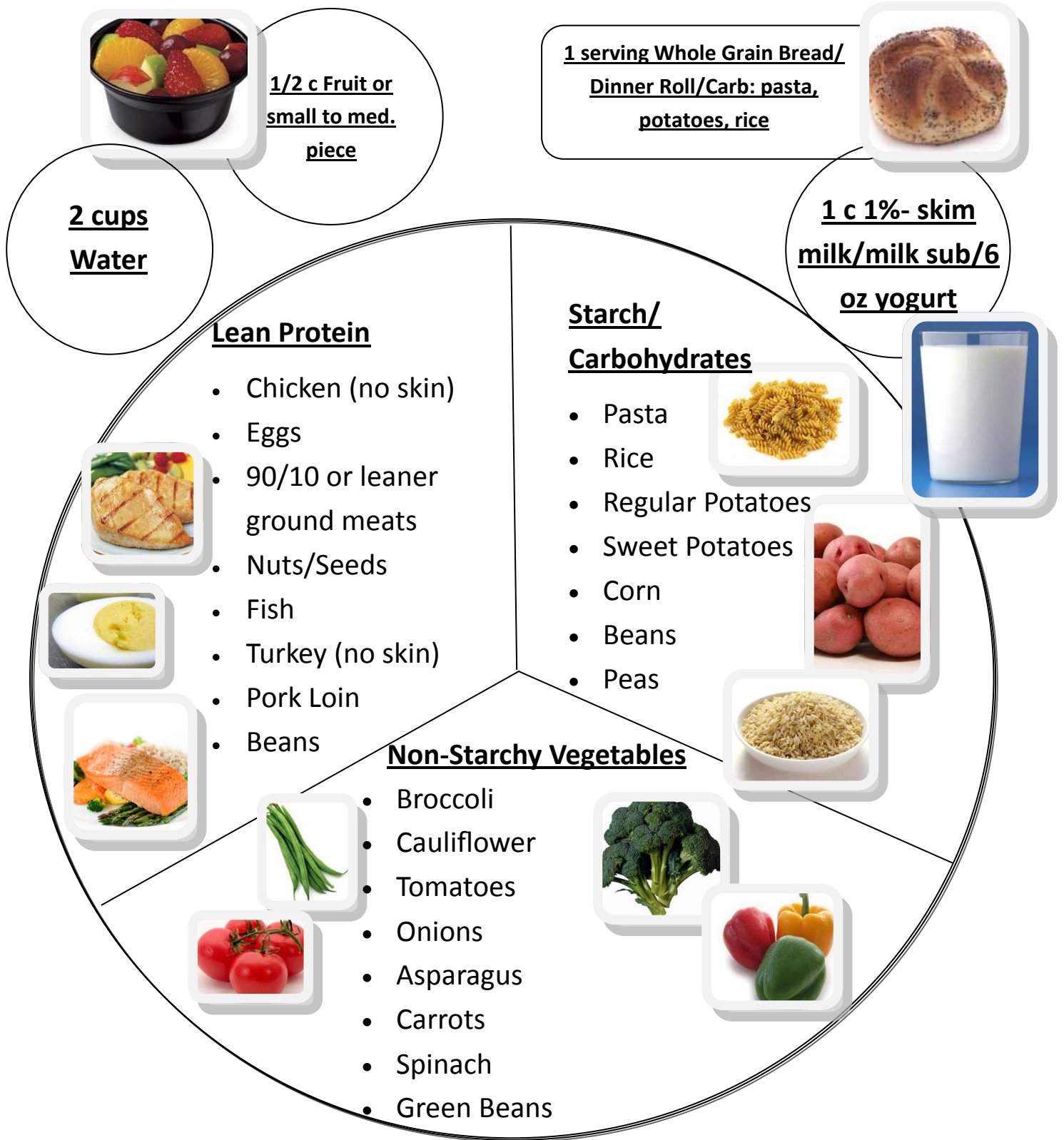




# My Plate for Athletes

## Lower Calorie Needs



Note: Use 9-10 inch diameter plate

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.