

# THE ATHLETE'S PLATE

## MODERATE TRAINING DAY

**GATORADE**  
THE SPORTS FUEL COMPANY

Longer duration, moderate intensity practice/training or two practices – one technical focused and one endurance focused.

**\*Baseline\*** – can be adjusted to easy or hard based on the athlete's training.

### GRAINS + CARBS 35%

- Pasta
- Rice
- Potatoes
- Cereals
- Breads
- Legumes

### LEAN PROTEIN 25%

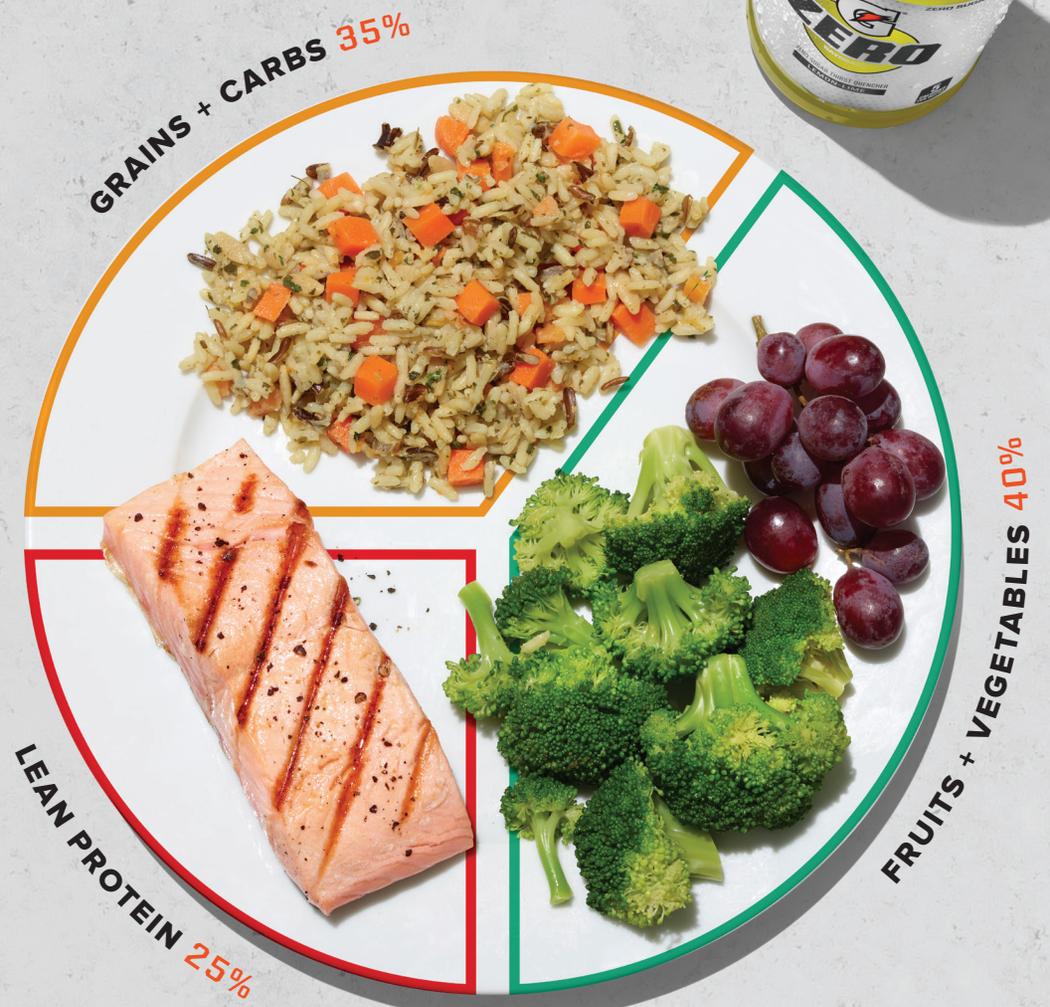
- Poultry
- Beef/Game/Lamb
- Fish
- Eggs
- Low-Fat Dairy
- Soy (e.g. Tofu, Tempeh)
- Legumes/Nuts\*

### FRUITS + VEGETABLES 40%

- Fresh Fruit
- Canned Fruit
- Dried Fruit
- Raw Vegetables
- Cooked Vegetables

### FATS

- Avocado
- Oils
- Nuts
- Seeds
- Cheese
- Butter



### HYDRATION

- Water
- Dairy/Non-Dairy Beverages
- Diluted Juice
- Flavored Beverages (Low/Zero Calorie)
- Coffee/Tea

### FLAVORS

- Salt/Pepper
- Herbs
- Spices
- Vinegar
- Salsa
- Mustard
- Ketchup

\* Please be advised that legumes and nuts are not complete sources of protein when consumed on their own. In order to obtain the protein benefits of these items, they should be paired with some type of grain.