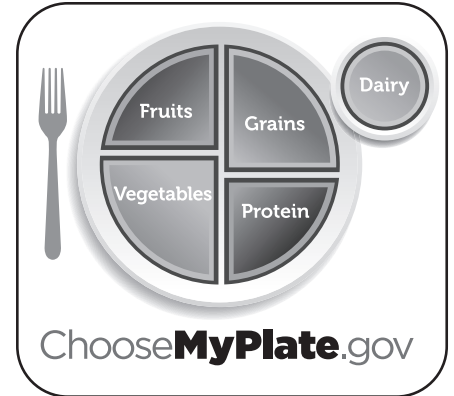


Fuel Up For Peak Performance

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?

<p>Grains Make at least half your grains whole <i>1 ounce equals:</i></p> <ul style="list-style-type: none"> • 1 slice of bread • ½ C cooked cereal • 1 C cold cereal • ½ C cooked rice or pasta 	<p>Vegetables Vary your veggies <i>1 cup equals:</i></p> <ul style="list-style-type: none"> • 2 C raw, leafy greens • 1 C raw or cooked veggies • 1 C vegetable juice 	<p>Fruits Focus on Fruits <i>1 cup equals:</i></p> <ul style="list-style-type: none"> • 1 C fresh, frozen or canned fruit • 1 medium to large fruit • 1 C fruit juice • ½ C dried fruit 	<p>Dairy Get your calcium-rich foods <i>1 cup equals:</i></p> <ul style="list-style-type: none"> • 1 C milk or yogurt • 1 ½ oz. natural cheese (Cheddar, mozzarella, Swiss, Parmesan) • 2 oz. processed cheese (American) 	<p>Protein Foods Go lean with protein <i>1 ounce equals:</i></p> <ul style="list-style-type: none"> • 1 oz. meat, poultry or fish • 1 egg • ¼ cup cooked beans • 1 Tbsp nut butter • ½ oz. nuts or seeds
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My Three Favorites:

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

