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
• ½ cup cooked beans
• 1 Tbsp nut butter
• ½ oz. nuts or seeds

My Three Favorites:

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