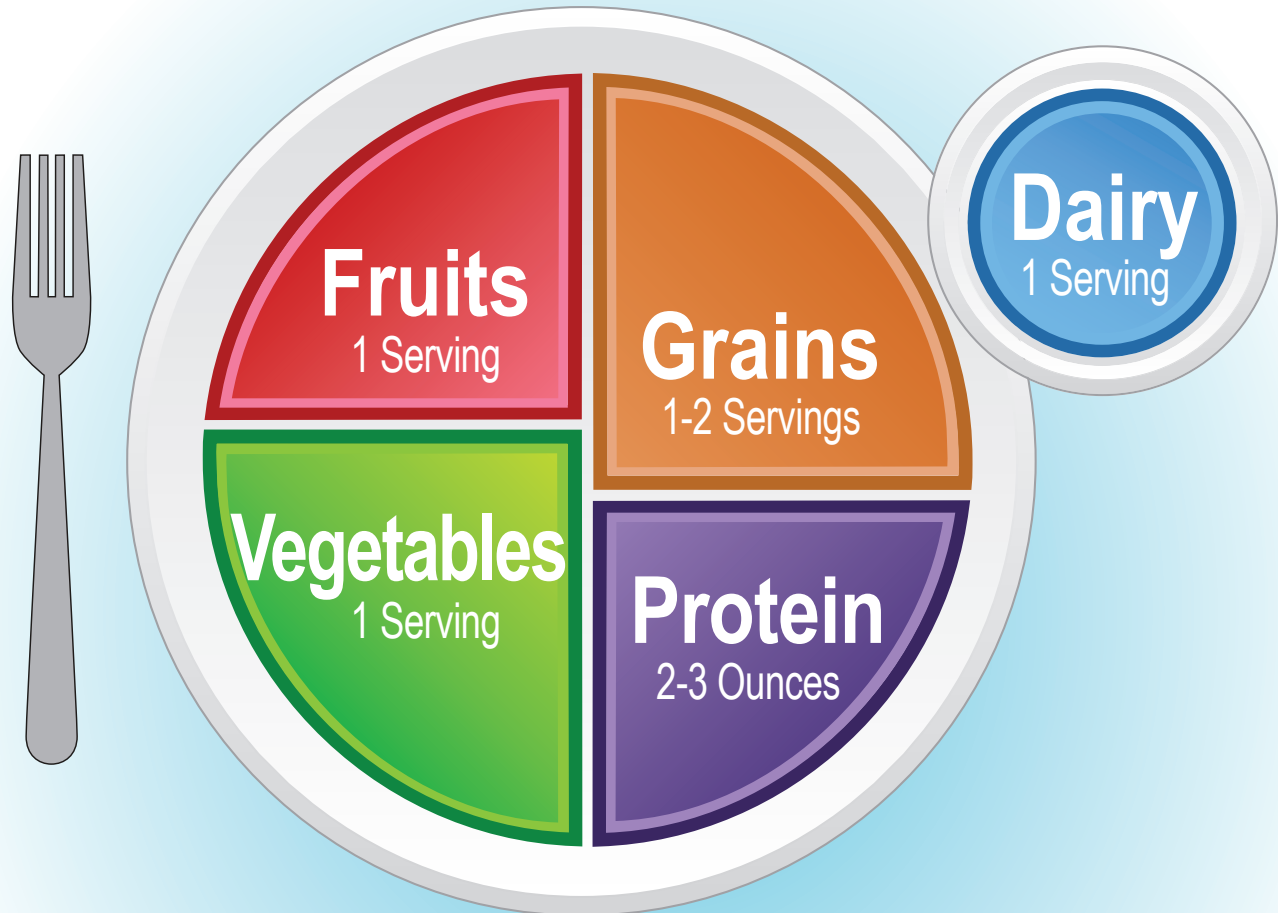


THE ATHLETE'S PLATE

What you eat has an important effect on your ability to perform at your best. The typical **teen** diet does not provide the correct ratio of nutrients as fuel. Below is an example of a sample menu for a lunch or dinner for a typical training day.



WHAT'S A SERVING?

GRAINS

Make at least half your grains whole

1 oz. equals:

- 1 slice of bread
- 1/2 C cooked cereal
- 1 C cold cereal
- 1/2 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
- 1/2 C dried fruit

DAIRY

Get your calcium-rich foods

1 cup equals:

- 1 C milk or yogurt
- 1 1/2 oz. natural cheese (Cheddar, mozzarella, Swiss, Parmesan)
- 2 oz. processed cheese (American)

PROTEIN FOODS

Go lean with protein

1 oz. equals:

- 1 oz. meat, poultry or fish
- 1 egg
- 1/4 C cooked beans
- 1 Tbsp nut butter
- 1/2 oz. nuts or seeds

For more information on healthy eating, visit ChooseMyPlate.gov