

# Sports Nutrition Basics

## *First Colony Swim Team*

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MEMORIAL<sup>®</sup> |   
HERMANN |  
Sports Medicine Institute

**FOOD PROVIDES US  
WITH THE ENERGY  
WE NEED TO BE OUR  
BEST IN THE POOL  
AND IN THE  
CLASSROOM**



# Carbohydrates



**GRAINS**



**FRUIT**



**STARCHY  
VEGGIES**



*Energy!*



# FAT



## FATS



Energy

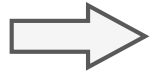
+

Vitamin absorption  
Joint Health  
Inflammation

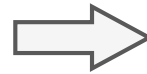
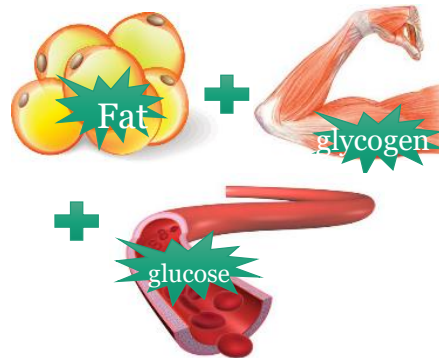
# MUSCLE ENERGY SOURCES



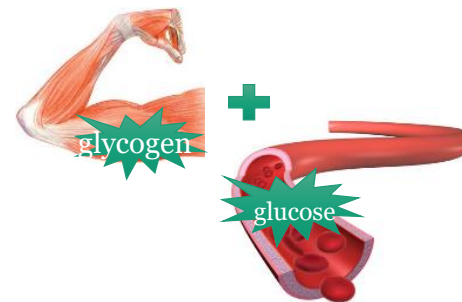
At Rest



Moderate Exercise



Intense Exercise



Race Fatigue





# Protein



Meat & Poultry



Fish & Seafood



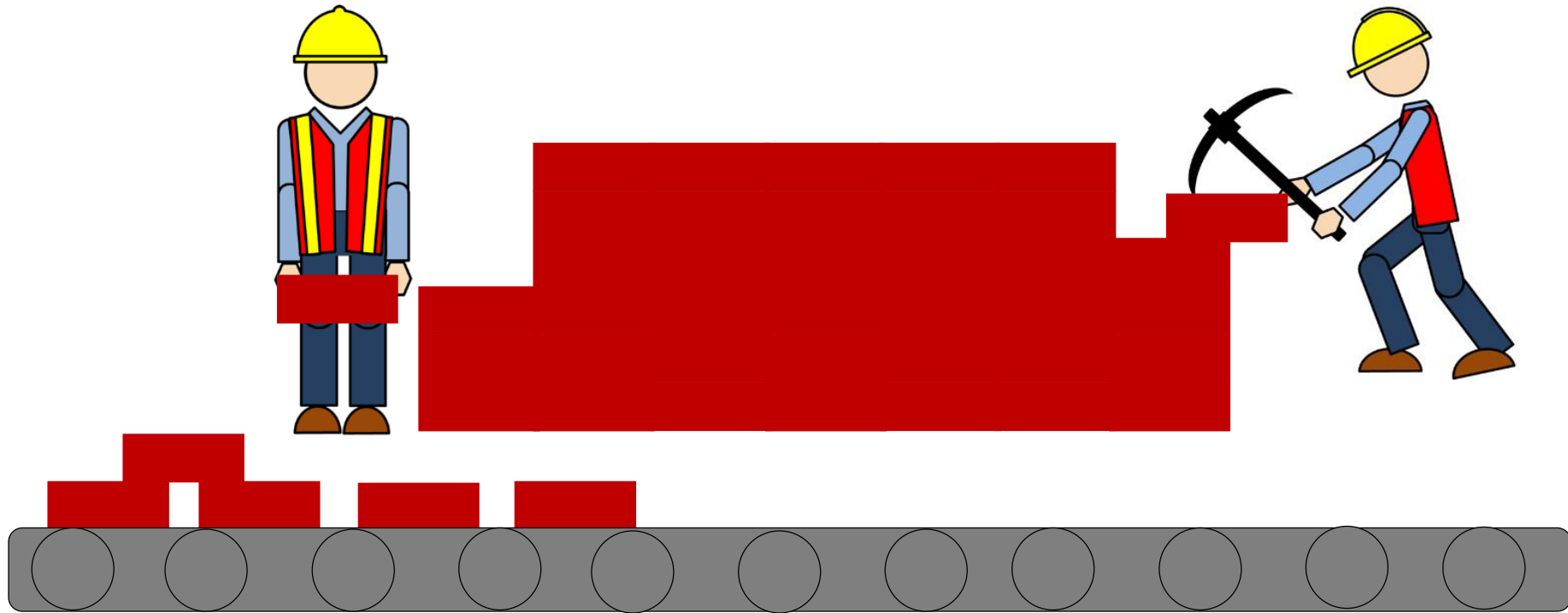
**PLANT  
PROTEINS**








Dairy &  
Eggs



# Protein Principles



# Daily Nutrition Goals

1. Eat 4-6 times a day 
2. Include carbohydrate with each meal 
3. Consume protein at each meal/ snack 
4. Fruit and veggie at each meal 
5. Hydrate throughout the day 



# MODERATE TRAINING:

**FATS**  
1 Tablespoon

**Grains**  
Pasta  
Rice  
Potatoes  
Cereals  
Breads  
Legumes

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

**Vegetables**  
Raw Veggies  
Cooked Veggies  
Veggie Soups

**FLAVORS**  
Salt/Pepper  
Herbs  
Spices  
Vinegar  
Salsa  
Mustard  
Ketchup

Fresh Fruit  
Stewed Fruit  
Dried Fruit

Water  
Dairy/Nondairy  
Beverages  
Diluted Juice  
Flavored  
Beverages

Coffee  
Tea

Avocado  
Oils  
Nuts  
Seeds  
Cheese  
Butter

# HARD TRAINING / RACE DAY:

**FATS**  
2 Tablespoons

**Grains**  
Pasta  
Rice  
Potatoes  
Cereals  
Breads

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

**Vegetables**  
Cooked Veggies  
Veggie Soups  
Raw Veggies

**FLAVORS**  
Salt/Pepper  
Herbs  
Spices  
Vinegar  
Salsa  
Mustard  
Ketchup

Fresh Fruit  
Stewed Fruit  
Dried Fruit

Water  
Dairy/Nondairy  
Beverages  
Diluted Juice  
Flavored  
Beverages

Coffee  
Tea

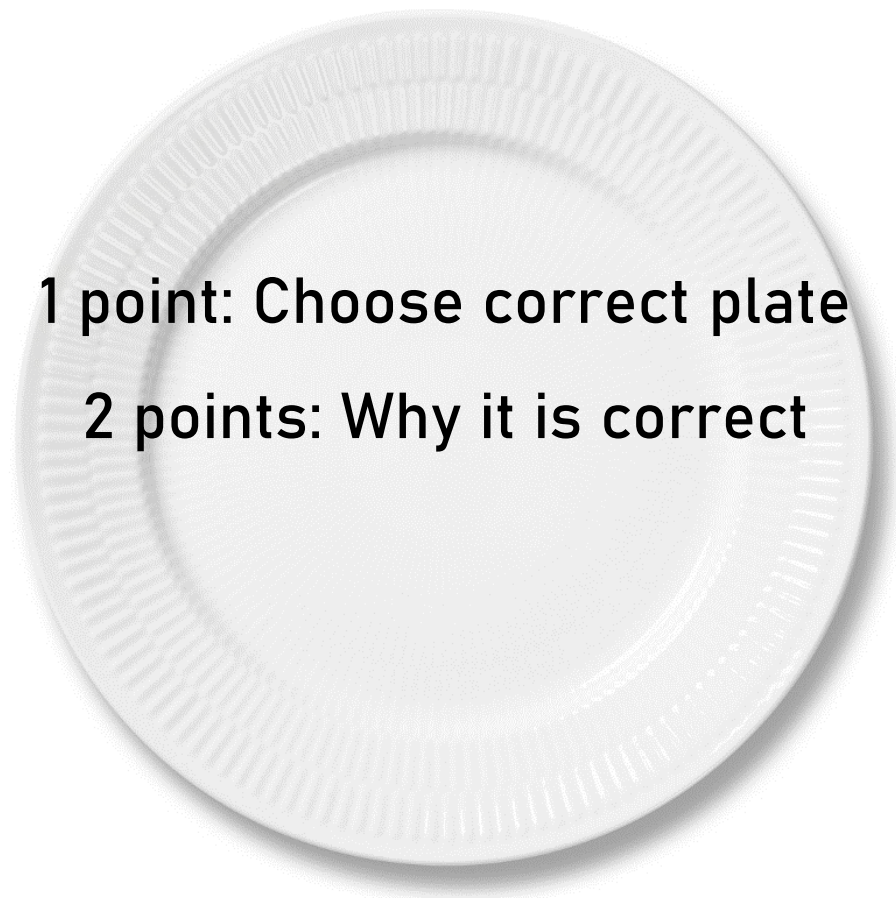
Avocado  
Oils  
Nuts  
Seeds  
Cheese  
Butter

The Athlete's Plates are a collaboration between the United States Olympic Committee Sport Dietitians and the University of Colorado (UCCS) Sport Nut. For educational use only. Print and use front and back as 1 handout.

# Pick your plate

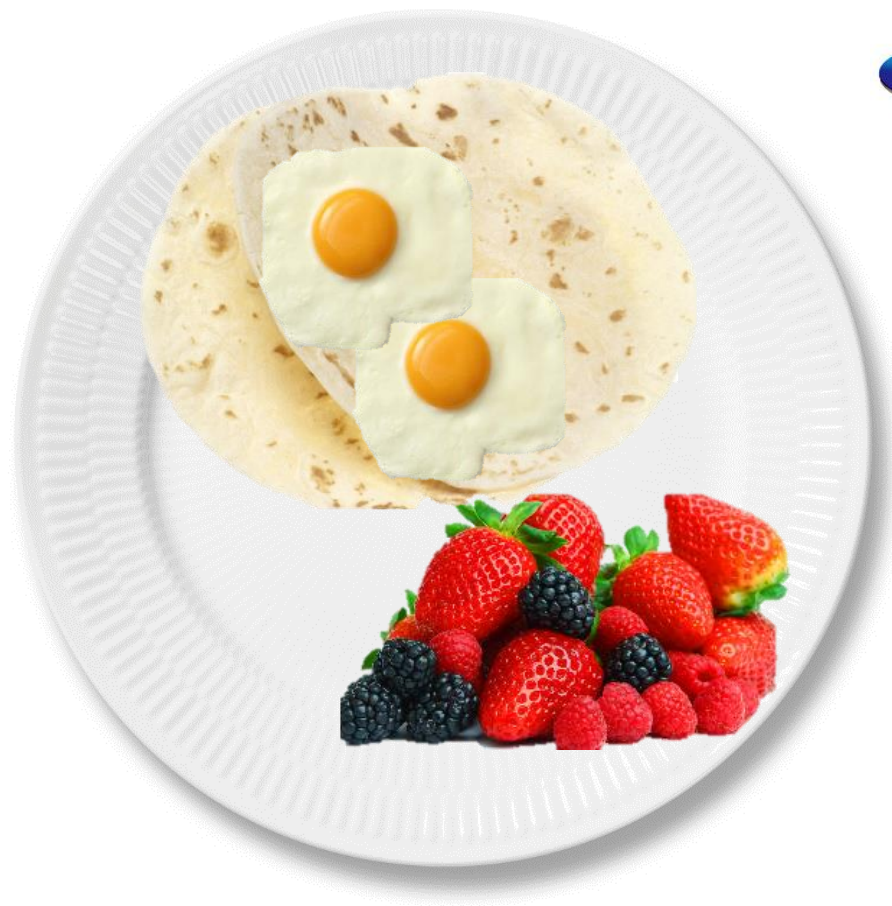
1 point: Choose correct plate

2 points: Why it is correct



# Breakfast

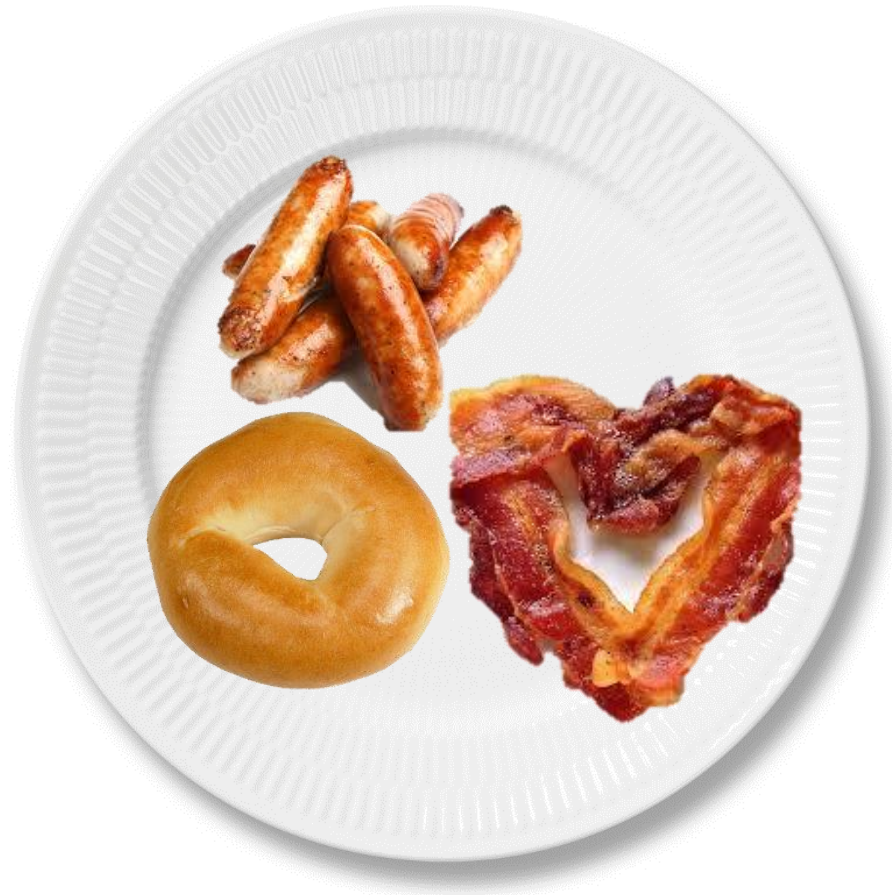
A





# Breakfast

**B**





# Breakfast

C



# Lunch

A



# Lunch

B



# Lunch

C





# Snack before practice

A



# Snack right before practice

**B**



# Snack before practice

C



# Dinner (after hard practice)

A





# Dinner (after hard practice)

**B**



# Dinner (after hard practice)

C

