Athlete Eats

SPORTS MEDICINE

Children's Hospital Colorado

Light training or weight management

Load your plates like this if you know your workout for the day will be easier than usual or if the sport you play generally requires less energy. If you're an athlete who is trying to lose weight, you can slightly decrease the amount of whole grains you eat.



1 teaspoon of fats

- · Nuts and butters
- Avocado
- Oils
- Seeds
- Spreads (mayo, cream cheese)
- High-fat dairy products





Drinks

- Water
- Milk
- Diluted juice



Flavor ideas

- Salt and pepper
- Herbs
- Spices
- Vinegar
- Salsa
- Ketchup
- Mustard

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Athlete Eats

Moderate training*

Load your plates like this if you plan to train twice in one day and at least one of the workouts will be endurance or strength. If your exercise will be easier than this, adjust down to the light training meals. If your workout will be harder than this, adjust up to the intense training meals.

SPORTS MEDICINE



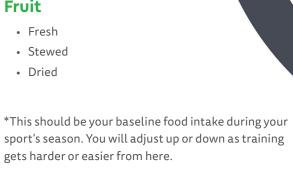


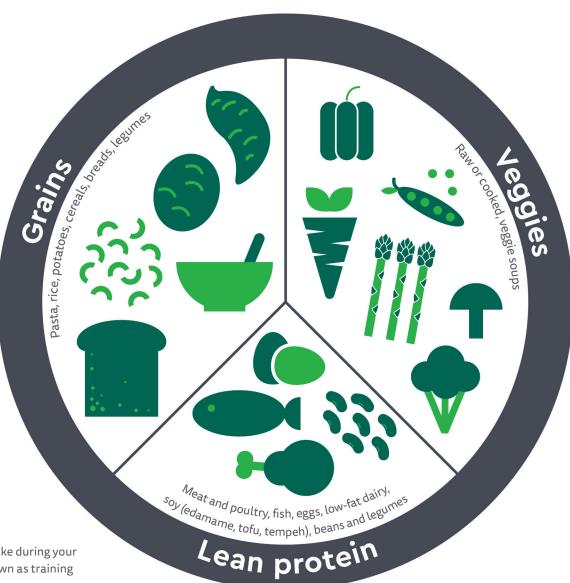
1 teaspoon of fats

- Nuts and butters
- Avocado
- Oils
- Seeds
- Spreads (mayo, cream cheese)
- · High-fat dairy products



Fruit







Drinks

- Water
- Milk
- Diluted juice



Flavor ideas

- · Salt and pepper
- Herbs
- Spices
- Vinegar
- Salsa
- Ketchup
- Mustard

Athlete Eats

SPORTS MEDICINE

Intense training or game day

Children's Hospital Colorado

Load your plates like this if you plan to have at least two intense workouts for the day or if it's the day of your game, race or competition.



1 teaspoon of fats

- Nuts and butters
- Avocado
- Oils
- Seeds
- Spreads (mayo, cream cheese)
- · High-fat dairy products





Drinks

- Water
- Milk
- Diluted juice
- Sports drinks



Flavor ideas

- · Salt and pepper
- Herbs
- Spices
- Vinegar
- Salsa
- Ketchup
- Mustard