

Sports Nutrition Spotlight:

Performance Plate 101

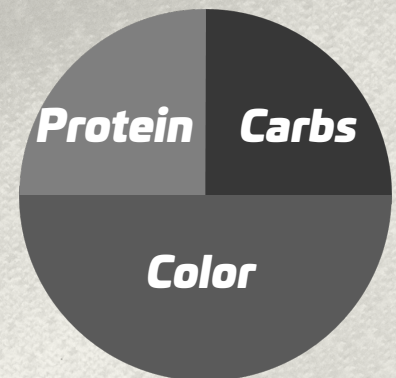


PERFORMANCE PLATE OVERVIEW

This newsletter will cover information about different type of training plates and macronutrients to focus on in order to have the best optimal performance.

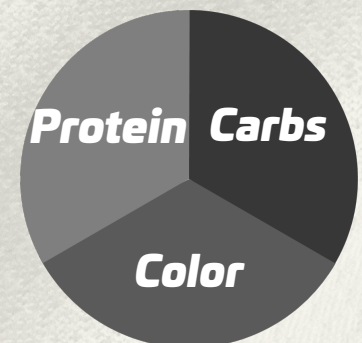
Low Training Plate

Performance plates are a great visualization tool to ensure you are consuming balanced meals. Training plates focus on 3 components: protein, carbohydrates, and color at each of your meals. **Low training plates** are best utilized during off season, light workouts, on rest days, weight management or when recovering from an injury. This plate focuses on recovery with fruits, vegetables, lean proteins with less focus on whole grains.



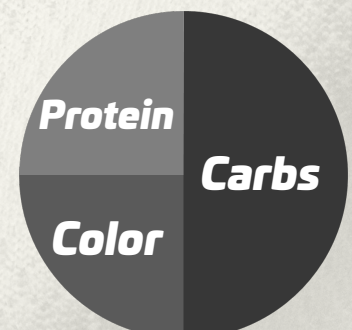
Moderate Training Plate

A **moderate training plate** are be best for active athletes as a starting point or when engaging in moderate intensity training days. This training plate provides equal proportions of each component. This training plate offers a mix of all food groups for sustained energy during moderate training sessions. If you try this plate and still feel hungry, try increasing portion sizes or follow the hard training plate.



Hard Training Plate

Most athletes will need to follow a **hard training plate** to improve energy levels, hydration and recovery potential. Under fueling may lead to fatigue, decreased performance, increase risk of injury and brain fog. A hard training plate is best for game days or high intensity workouts. It focuses on carbohydrates from whole grains and starchy vegetables to maximize readily available energy for peak performance.



PERFORMANCE PLATE NUTRITION

Low Training Plate

Endurance Athletes (Example: Soccer):

- **Protein:** 1.4-1.8 g/kg body weight

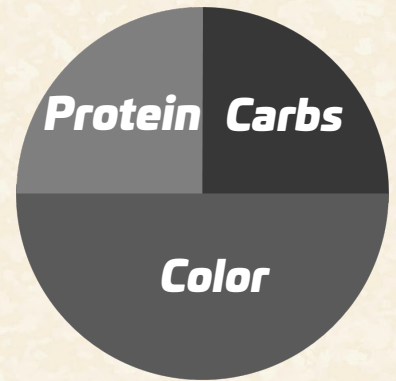
Strength, Speed and Power Athletes (Example: Football and Volleyball):

- **Protein:** 1.6 - 2.0 g/kg body weight

Carbohydrates:

- 3-5g/kg current body weight of moderate exercise < 1hour per day
- 5-7g/kg current body weight of moderate exercise of 1 hour per day

Fat: 1g/kg of current body weight



Moderate Training Plate

Endurance Athletes (Example: Soccer):

- **Protein:** 1.4-1.8 g/kg body weight

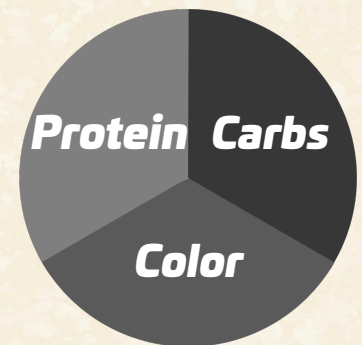
Strength, Speed and Power Athletes (Example: Football and Volleyball):

- **Protein:** 1.6 - 2.0 g/kg body weight

Carbohydrates:

- 5-7g/kg current body weight of moderate exercise for 1 hour per day
- 6-10g/kg current body weight of moderate exercise of 1 -3 hours per day

Fat: 1g/kg of current body weight



Hard Training Plate

Endurance Athletes (Example: Soccer):

- **Protein:** 1.4-1.8 g/kg body weight

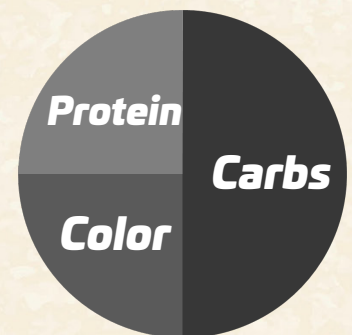
Strength, Speed and Power Athletes (Example: Football and Volleyball):

- **Protein:** 1.6 - 2.0 g/kg body weight

Carbohydrates:

- 5-7g/kg current body weight of moderate exercise for 1-3 hours per day
- 8-12g/kg current body weight of moderate exercise for 4-5 hours per day

Fat: 1g/kg of current body weight



Closer Look at Carbohydrates, Protein and Color

Carbohydrates

Carbohydrates are an athlete's best friend. Carbohydrates break down into a sugar called glucose which is the preferred fuel for our muscles and brain. When we eat carbohydrates at meals, our bodies will store extra glucose in liver and muscles as glycogen. When we go to practice, our bodies will utilize the stored glycogen to sustain practices, games and competitions. Carbohydrates help us sustain energy in our athletic sport. Consuming enough carbohydrates will help prevent fatigue, maintain speed and power, improve reaction time, memory and concentration. There are two types of carbohydrates: Simple and Complex.

Simple Carbohydrates

Foods that are easy to digest to help increase glucose levels known as quick energy so our bodies can use the fuel shortly after eating it. Recommend to prioritize these 30-60 minutes before, during and 15-45 minutes after workouts, practices or games.

Complex Carbohydrates

Complex carbohydrates are foods that contain fiber which is a type of carbohydrate that does not get digested until it reaches the large intestine. These carbohydrates slow digestion and help maintain stable blood sugars. Recommend to prioritize these carbohydrates at meal times.

Carbohydrate Examples

Simple Carbohydrates:

- Pretzels
- White Bread
- Animal Crackers
- Crackers/Tortilla Chips
- Raisins/Dried Cranberries
- dry iron-fortified cereal (ex. Cheerios/Chex)
- Orange Juice
- Apple Juice
- Applesauce
- Goldfish
- Energy Drinks (ex. Body Armour/Gatorade)

Complex Carbohydrates:

- Whole Grain Bread
- Whole Grain Pasta
- Whole Grain Rice
- Whole Grain Tortillas
- Whole Grain Pita Bread
- Whole Grain Bagels
- Quinoa
- Sweet Potatoes
- Potatoes
- Corn
- Oatmeal
- Overnight Oats
- Chia Seed Pudding
- Black Beans/Chickpeas
- Banana
- Berries
- Whole Apple
- Walnuts/Almonds

Protein

Protein helps build and repair muscles. It also supports tissue growth in our bones and joints and creates enzymes, hormones and neurotransmitters. Proteins break down into building blocks called amino acids. If you do not consume enough carbohydrates then your body will start breaking down protein in which amino acids get converted into glucose. This will lead to decreased muscle mass, impaired recovery and reduced performance. Recommend to focus on your carbohydrate (1/2 plate) to protein (1/4 plate) ratio to improve athletic performance. Examples of protein include: chicken, turkey, pork, beef, fish, eggs, milk, Greek Yogurt, cheese, cottage cheese, beans, lentils, soy products (soy milk, edamame, tofu), peanut butter, etc.

Color

Making your plate colorful will provide a source of vitamins and minerals which helps protein, carbohydrates and fats do their job and help digest foods better. Adding colorful fruits and vegetables will help lower inflammation. Our bodies get stressed after intense practices/workouts so adding fruits and vegetables will reduce this stress response. Recommend to consume variety of fruits and vegetables that represent the rainbow!

Did You Know?

Combining whole food with small electrolyte additions such as a squeeze of fresh lemon in your water will provide complete muscle recovery. Whole foods provide fiber, vitamins, minerals, and long term health benefits. Other electrolytes to add to your routine for muscle recovery include: bananas, sweet potatoes, coconut water, blueberries and avocados.

Eat This, Not That

MACRONUTRIENT	EAT THIS		NOT THAT	
CARBS (Focus: Choose energy dense whole grains high in dietary fiber)	 Brown Rice	 Oatmeal	 French Fries	 Cookies & Pastries
PROTEIN (Focus: choose lean, minimally processed sources of protein)	 Beans	 Chicken	 Fried Chicken	 Deli Meat
FATS (Focus: Aim for energy dense calories and flavor with a mix of nuts and seeds, butters and oils)	 Nuts & Seeds	 Olive Oil	 Butter	 Bacon



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Kristen has a Bachelor of Science in Nutrition/Wellness from Auburn University and a Master of Science in Nutrition from Case Western Reserve University. She is a great resource for students to help meet fitness, nutrition and athletic performance goals. Kristen empowers individuals of all ages to take a personalized, evidence-based approach toward wellness. Reach out to Kristen via email or by scanning the QR code to ask nutrition questions or learn how to fuel performance while on campus!



Everyday App

The Everyday App is a great resource to help athletes navigate the dining hall and meal plan by utilizing the Performance Plate model. Our dining team highly recommends to download the Everyday App from the App store to be able to help you know the menu and plan a balanced plate prior to going to the dining hall.

Each menu item also contains a list of all ingredients, allergens it contains and a full nutrition facts panel to be able to make the best menu choices for you.

Have allergies? The Everyday App helps you can set your current allergens and the app will show you which menu items are safe for you. At Findlay we also have a station called Simple Servings which is free from the top 8 allergens which include: wheat, milk, soy, tree nuts, peanuts, shellfish, sesame and eggs.

If you notice you are using these training plates/Everyday App and are still feeling hungry, unsatisfied or desire weight changes (gain or loss), try adjusting portion sizes or reach out to our dining Registered Dietitian, Kristen Totino at kristen.totino@sodexo.com for a personalized fueling plan.

