

The Performance Plate Method

Definitions

Starchy Carbs

- Potatoes, rice, pastas, bread, quinoa, oatmeal, lentils, beans, etc.

Colorful Foods

- Berries, cherries, oranges, apples, peppers, leafy greens, tomatoes, beets, etc.

Complete Protein

- Beef, chicken, turkey, pork, dairy products, eggs, tofu, etc.

Healthy Fat

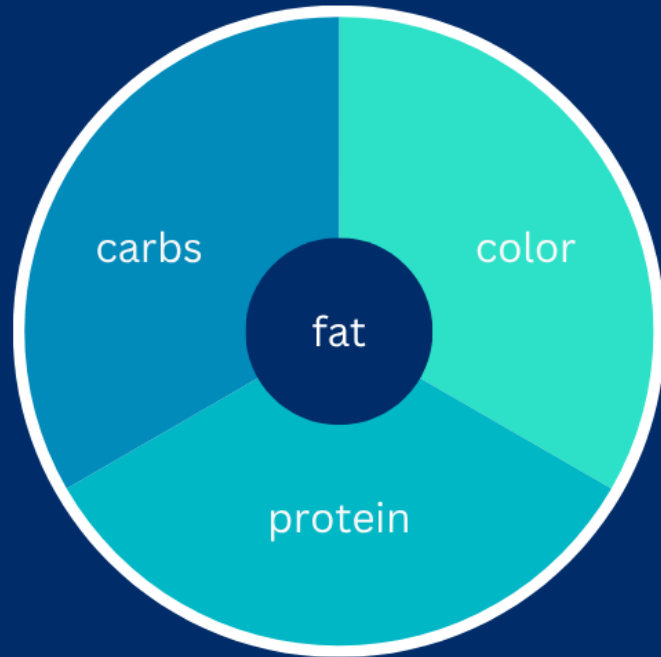
- Nuts, seeds, nut/seed butters, avocados, fish, olives, coconut, etc.

Quick-Digesting Carbs

- Pretzels, cereal, fruit pouches, crackers, bananas, dried fruit, etc.

Quick-Digesting Protein

- Jerky, deli meat, ready-to-drink shakes, drinkable 0% yogurt, milk, protein powder, etc.

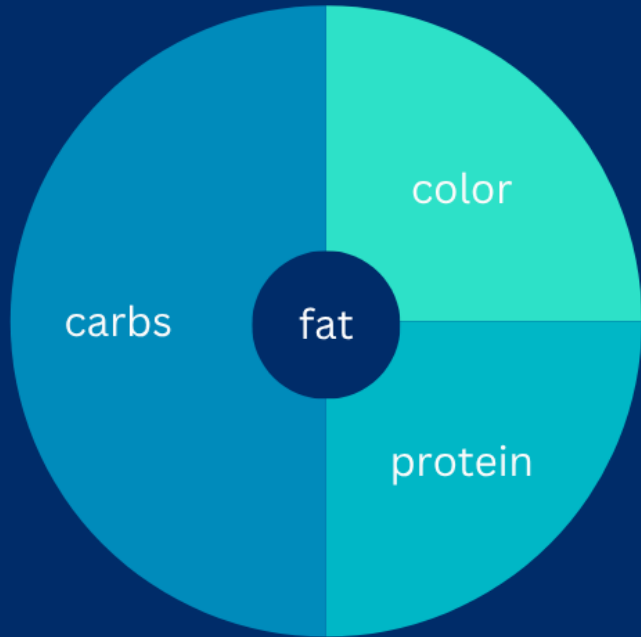


Performance Plate

SINGLE PRACTICE DAY

Single Practice Day

- 1/3 starchy carbs
- 1/3 colorful foods
- 1/3 complete protein
- 1-2 servings healthy fat

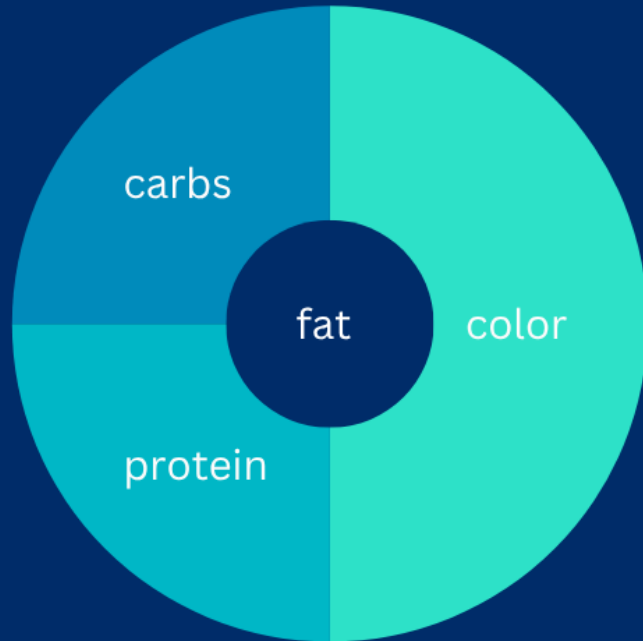


Performance Plate

DOUBLE PRACTICE DAYS & RACE DAY

Double Practice Days & Race Day

- 1/2 starchy and quick-digesting carbs
- 1/4 complete and quick-digesting protein
- 1/4 colorful foods
- Minimize healthy fats and fiber close to training/race time
- Also use this plate the night before a meet



Performance Plate

REST DAY & RACE PREP

Rest Day & Race Prep

- 1/2 colorful foods
 - 1/4 starchy carbs (more whole grains/complex)
 - 1/4 complete protein
 - 2-4 servings healthy fat
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- Note: may need additional starchy carbs depending on training load during champ meet week

Summary

- There is more than one way to measure portions as a swim athlete. We highlighted another method on our website - Check out *Measuring Portions with the Hand Measure System* for more insight.
- Like every system, there are both strengths and weaknesses. Choose the method that works best for you.
- All of the systems/methods we share can be combined with intuitive eating practices.
- A healthy relationship with food is always key before focusing on any one method!

