

ATHLETE'S BASE PLATE

Get Fueled for Optimal Performance!



For 1 hour of physical activity, light workout days, active recovery, or rest days.



Plan 3-5 meals per day.

ENERGIZE!

Fruits & Veggies

ABOUT ½ YOUR PLATE

Vegetables: Kalo leaves, cucumbers, lettuce, choi sum, bok choy, broccoli, carrots, bell peppers, and spinach.

Fruits: Pineapple, papaya, mango, lilikoi, bananas, watermelon, oranges, apples, strawberries, and blueberries.

Grains & Starchy Vegetables

(Slow-Burning Carbs)

ABOUT ¼ OF YOUR PLATE

Starchy vegetables: Taro, ulu, corn, sweet potatoes, potatoes, and kabocha.

Grains: Choose whole grains like brown rice, whole grain noodles/pasta, oats, & breads.

GROW & REBUILD

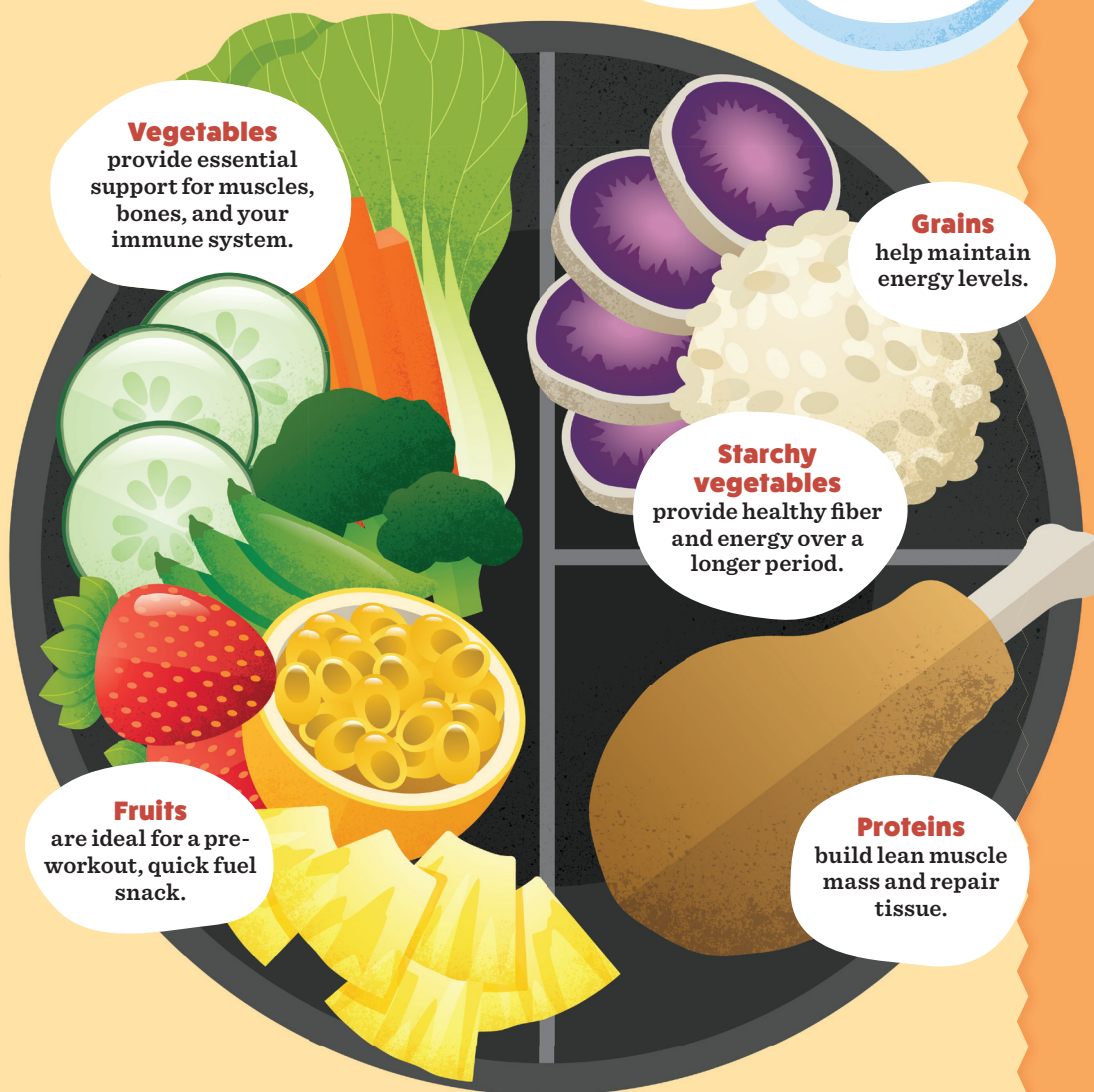
Protein & Dairy



A SERVING SHOULD BE ABOUT THE SIZE OF YOUR PALM

Protein: Seafood, eggs, chicken, pork, beef, and tofu.

Dairy: Milk, yogurt, cottage cheese, and almond or soy milk products.



SUPPORT YOUR SUCCESS

Healthy fats

Small amounts of fats are important. Healthier oils include olive oil, and oils that you get from eating nuts and avocado.

Before your workout

Use the Base Plate. Choose fruits for quick energy.

Choose cooked veggies for easier digestion before Game Day.

Reduce hard-to-digest foods like fat, dairy, and whole grains.

After your workout

Follow the Base Plate and add a serving of fat and dairy.

Try not to go overboard on the treats and sweets.

Remember to re-hydrate with water!

Calcium & teens

Growing children need calcium for healthy bones, muscles, and teeth.

Youth 9 to 18 years of age need about 1,300 mg of calcium every day.

One cup of milk has 300 mg of calcium.

Other calcium-rich foods & drinks: yogurt, cheese, almond/soy products, tofu, dark-leafy greens such as kalo leaves, calcium-fortified cereals, breads.

Nutritional needs may be higher during more intense and longer training sessions.

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LET'S GO!

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