

Athlete's

LIGHT TRAINING PLATE

Optimize Your Performance & Recovery!



For 1-3 hours of athletic training



Plan 4-5 smaller balanced meals

Eat a smaller meal before working out and a larger meal after. This plate's proportions of protein to carbohydrates help streamline absorption of the food and will optimize performance and recovery.

Carbohydrates

⌚ ABOUT 1/3 OF YOUR PLATE

Choose at least half whole grains and starchy vegetables, like ulu, corn and kabocha squash to provide energy, nutrients, and fiber.

Vegetables

⌚ BETWEEN 1/3 AND 1/2 OF PLATE

Non-starchy vegetables such as kalo leaves, limu, lettuce, choy sum, bok choy, cucumber, broccoli, zucchini, carrots, bell peppers, and spinach.

Lean Protein

⌚ 1/4 OF PLATE

Poke, chicken, eggs, peanut butter, edamame, or a handful of almonds.

Fruit, and/or Dairy

SMALL SERVING ON THE SIDE

Banana, papaya, mango, pineapple, watermelon, oranges, milk, and yogurt.

Fats

Healthier fats come from olive oil, nuts, and avocado.

Fats

Small amounts of fats are important. Avoid high fat meals and snacks like chips since they can slow digestion and may cause cramping.

Carbohydrates

Try a variety and see what makes you feel the most energized and recovered.

Water

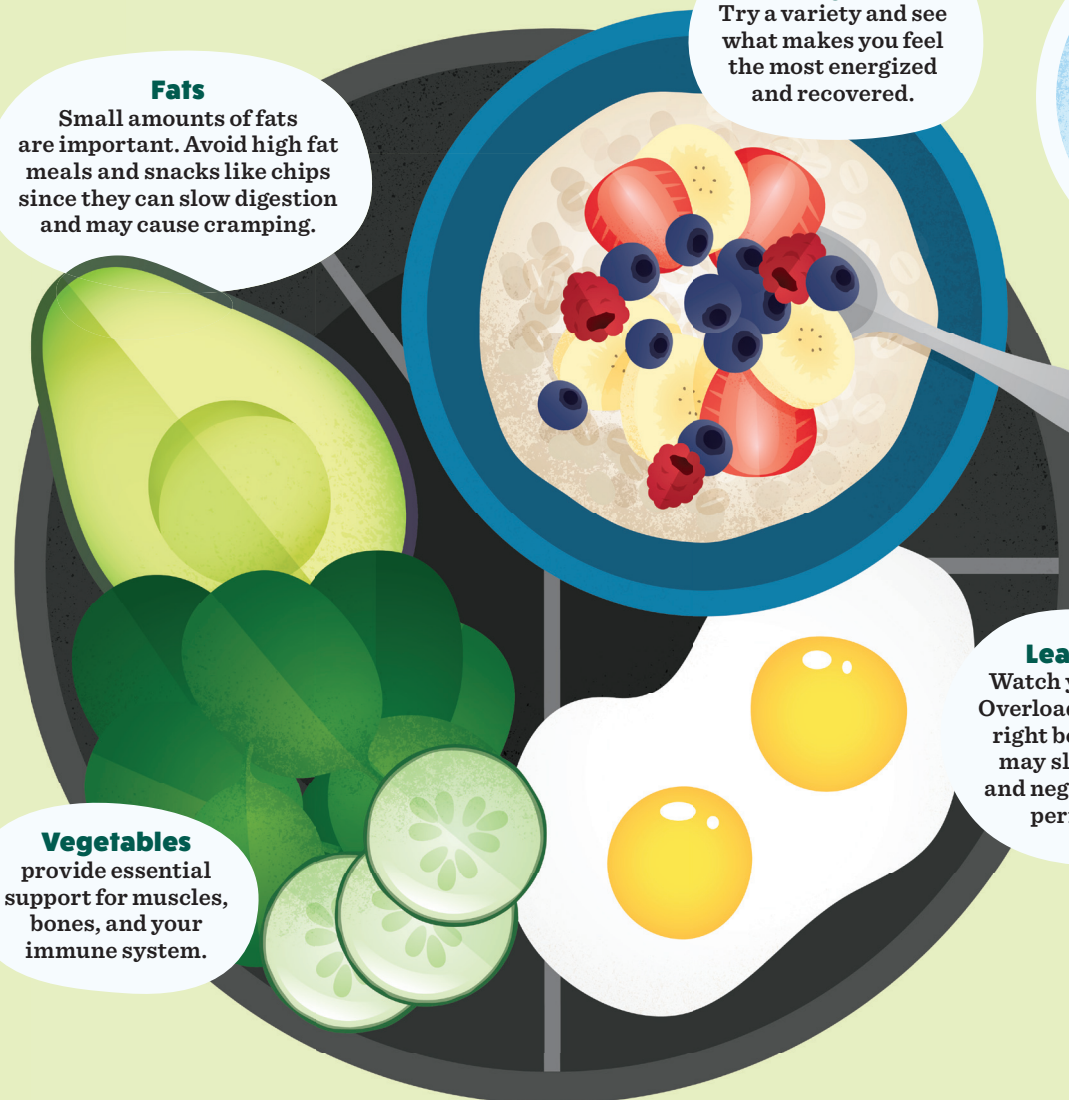
Hydrate with water! It's important to replace fluids and minerals lost through sweat, especially for exercise longer than 1 hour.

Lean Protein

Watch your portions. Overloading on protein right before exercise may slow digestion and negatively impact performance.

Vegetables

provide essential support for muscles, bones, and your immune system.



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

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LET'S GO!

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