

THE ATHLETES PLATE

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The athletes plate model is an easy way to visualise the nutrients that each of your meals should contain. These nutrients include:

- Carbohydrates
- Protein
- Colour (vegetables/salad and/or fruit)
- Healthy fats

Carbohydrates should be in the largest amounts in your meals on training days to assist with energy production and reducing fatigue. On a light training day or rest day, your body needs more vegetables/colour to assist your recovery, growth, development and health.

Protein should always be included at meals on training days and rest days to assist ongoing muscle growth and maintenance, and recovery.

PROTEIN

Eat protein at every meal and every snack to assist ongoing muscle growth and maintenance, as well as keep you feeling full for longer.

Protein foods includes:

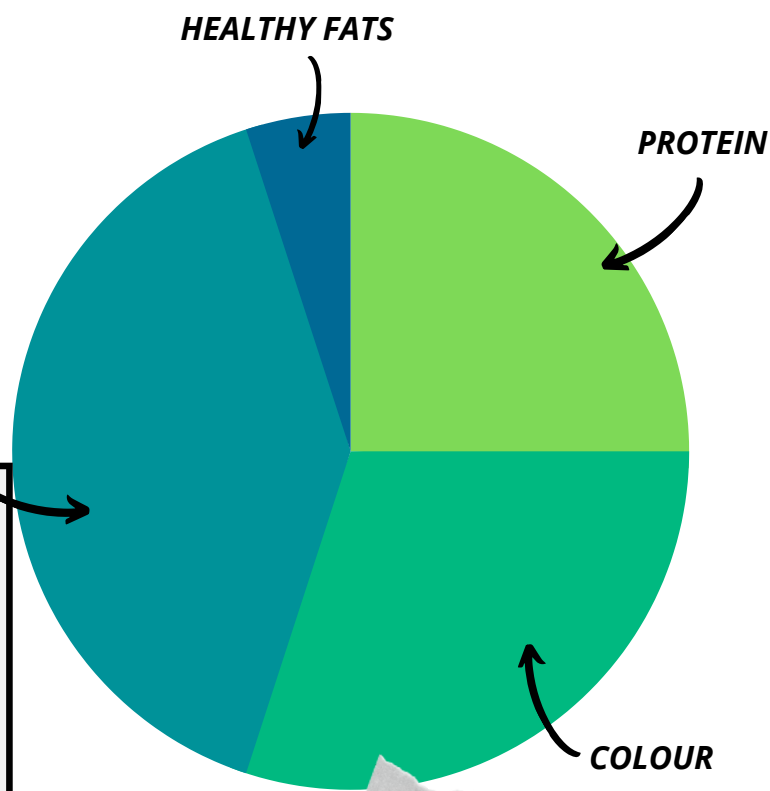
- Meats, chicken, fish and seafood
- Eggs
- Dairy: milk, yoghurt, cheese
- Nuts and seeds
- Legumes: beans, chickpeas, lentils
- Soy: tofu and soy milk



HEALTHY FATS

Healthy fats are only needed in small portions but are essential for overall health. These foods are healthy fats:

- Nuts & Seeds
- Extra virgin olive oil
- Avocado
- Fatty fish: salmon, tuna, sardines, herring

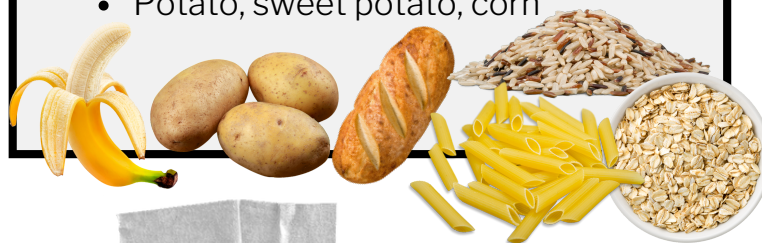


CARBOHYDRATES

Choose low GI carbohydrate foods as these provide a slower, sustained release of energy - optimising brain power and performance.

These include:

- Rolled oats, muesli, weetbix
- Wholegrain breads and wraps
- Wholegrain pasta
- Brown rice
- Quinoa, couscous, barley, ancient grains
- Fruit
- Potato, sweet potato, corn



CONTACT INFORMATION

Every athlete can benefit from nutrition support to help optimise performance, recovery, growth, development and overall health. Kelsey is an experienced Dietitian with a specialty in working with adolescent athletes.

Kelsey can offer 1:1 nutrition coaching support as well as meal plans and recipe books. Contact Kelsey via email for more information and pricing:
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