

# FEMALE ATHLETE FUEL



## *building a fueling performance plate for competition*

To build a fueling performance plate, aim to incorporate at least 3 out of the 5 food groups. Know that everyone has unique nutrition needs. Our nutrition needs are ever-changing and can fluctuate during season, during different periods of training and in the off season. Work with a registered dietitian to help you build your performance plate for all phases of life!



### lean protein

Protein assists in repairing, rebuilding, and recovering our muscles and tissues. The protein food group contains many nutrients. Aim for heart-healthy protein by grilling or baking the protein, and eating lean cuts of meat.

**poultry**  
**beef**  
**fish**  
**eggs**  
**soy/tofu**  
**legumes/nuts**



### grains

Energy-sustaining grains help provide our bodies with energy. These are our bodies' main source of fuel! Aim for whole grains at least 50% of the time. Whole grains are high in heart healthy fiber!

**pasta**  
**rice**  
**potatoes**  
**cereals**  
**breads**



### veggies & fruits

Add color to your plate with fruits and vegetables! Fruits and vegetables are high in micro vitamins and minerals which help our bodies in many ways, including providing anti-inflammatory benefits. Fruits and vegetables are also high in heart healthy fiber.

**cooked veggies**  
**veggie soups**  
**raw veggies**  
**fresh fruits**  
**dried fruits**



### dairy

The dairy food group is high in many nutrients such as calcium and vitamin D. These are essential for building and maintaining strong and healthy bones.

**milk**  
**cheese**  
**yogurt**

## TIPS ✨

Avoid trying anything new on the day of competition!

Every athlete is different, find what works for you!