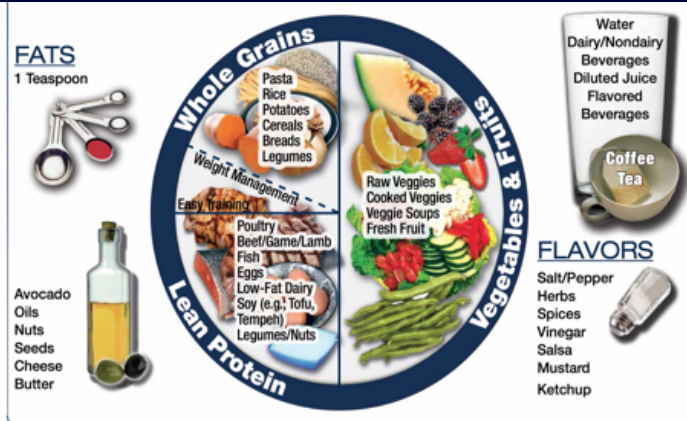


USOPPC

Fueling Strategies for Gymnasts

EASY TRAINING:

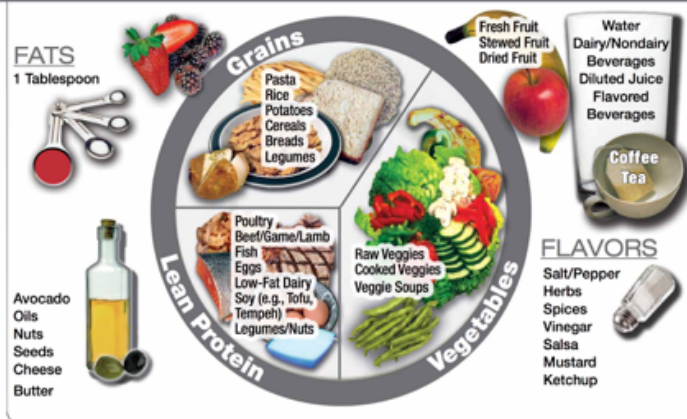


Easy Performance Plate

Rest day or 1 easy training session

- 1/2 plate: fruits (1 small orange/apple or 1 cup berries) & vegetables (1-2 cups of cooked or salad greens).
- 1/4 plate: 4-6 oz. of protein (chicken breast, lean ground turkey or beef, sirloin steak, pork tenderloin, 8oz. milk, 6oz. yogurt, tofu, and/or tempeh).
- 1/4 plate: 1/2 - 1 cup of whole grains (brown rice, whole grain pasta, wheat bread) or potatoes.

MODERATE TRAINING:

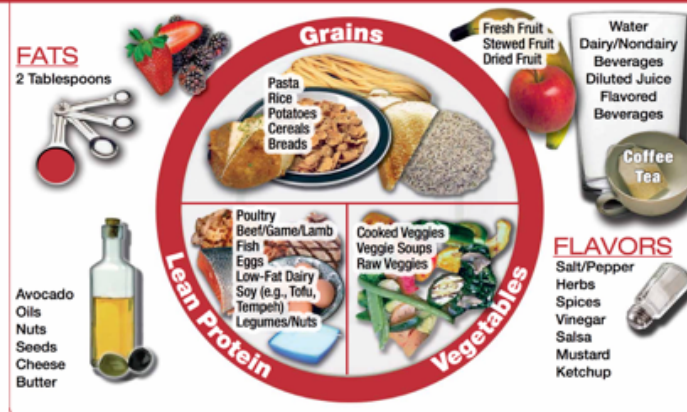


Moderate Performance Plate

1 hard training session and 1 light/roll-out session

- 1/3 plate : fruits (1 small orange/apple or 1 cup berries) & vegetables (1 cup of cooked or salad greens).
- 1/4 plate: 3-4 oz. of protein (chicken breast, lean ground turkey or beef, sirloin steak, pork tenderloin, 8oz. milk, 6oz. yogurt, tofu, and/or tempeh).
- 1/3 plate: 1/2 - 1 and 1/2 cup of whole grains (brown rice, whole grain pasta, wheat bread) or potatoes.

HARD TRAINING:



Hard Performance Plate

2 moderate/hard training sessions or a competition day

- 1/4 plate : fruits (1 small orange/apple or 1 cup berries) & vegetables (1 cup of cooked or salad greens).
- 1/4 plate: 3-4 oz. of protein (chicken breast, lean ground turkey or beef, sirloin steak, pork tenderloin, 8oz. milk, 6oz. yogurt, tofu, and/or tempeh).
- 1/2 plate: 1/2 - 1 and 1/2 cup of whole grains (brown rice, whole grain pasta, wheat bread) or potatoes.