



BUILD A PERFORMANCE PLATE



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Peak Performance Dining

Peak Performance is a performance nutrition program designed to provide active individuals with the necessary fuel to support **training, competition, recovery and hydration**. Whether you are a collegiate athlete or weekend warrior, anyone who is looking to improve their fitness levels can benefit from following our Peak Performance fueling guidance. By providing easy to understand nutrition education and seamless identification of our Peak Performance selections, we strive to make dining a simplified process for all athletes.



Fueling Guidance

BUILDING A PEAK PERFORMANCE PLATE

Peak Performance Plates are a great tool to assist athletes with a simple illustration on how to create a performance plate to support energy levels, hydration status and recovery for specific needs. Each plate is associated with a different type of training: easy, moderate and hard. **It's important to remember that fueling for performance is individualized and many different factors determine an athlete's unique needs like sport, position, training environment and body composition.**

Performance Plates allow athletes to better visualize and understand the necessary nutrients they need for fuel and can be easily tailored to individual needs and preferences. Identifying the **right quantity, quality and proper timing of food and fluids** can greatly impact health and performance.

IMPORTANT COMPONENTS OF A PERFORMANCE PLATE

To achieve a nutrient dense, energy-packed meal, Performance Plates should include the following components:

Carbohydrates Grains and Starches (energy-enhancing foods) bread, bagels, tortillas, pita bread and crackers, rice, pasta, beans, potatoes, oatmeal, breakfast cereals

Lean Proteins (recovery/muscle-building foods) Grilled/baked/broiled/roasted chicken, fish, pork loin, turkey, sirloin, lean ground meats, eggs, low-fat dairy products, tofu, beans, lentils

Colorful Fruits and Vegetables (antioxidant-rich foods) Apples, oranges, bananas, berries, grapes, melon, broccoli, green beans, dark leafy greens, carrots, cauliflower, mushrooms, cucumbers, tomatoes

Fat (immunity/flavor-boosting foods) Salmon, tuna, nuts, seeds, olives, olive oil, canola oil, avocado, nut butters, oil-based salad dressings

Fluid (hydration-promoting beverages) Water, low-fat milk (cow, almond, soy, etc.), diluted 100 percent fruit juice, smoothies, infused water, electrolyte drinks



ADDITIONAL COMPONENTS TO MAXIMIZE YOUR PERFORMANCE PLATE

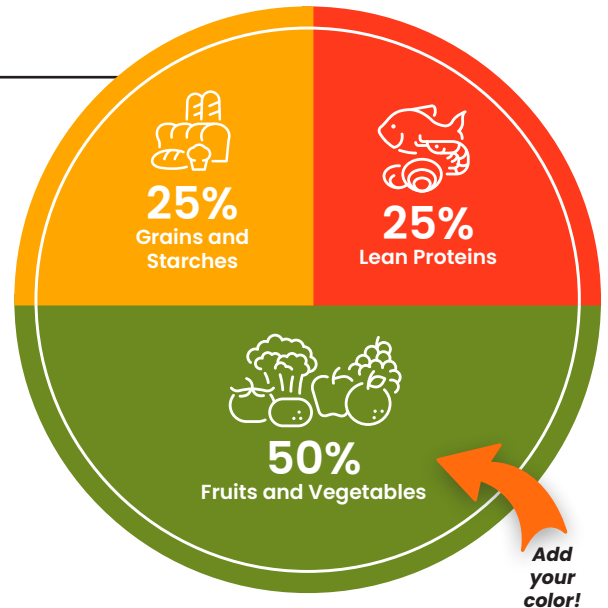
Hydration
Flavors
Fats

Peak Performance Plates

EASY/LIGHT TRAINING

An easy day may contain just an **easy workout, cross-training, a rest day or tapering before competition** without the need to load with energy and nutrients. Easy day meals may also apply to athletes with off-season weight loss goals or athletes in sports requiring less energy (calories) due to the nature of their sport.

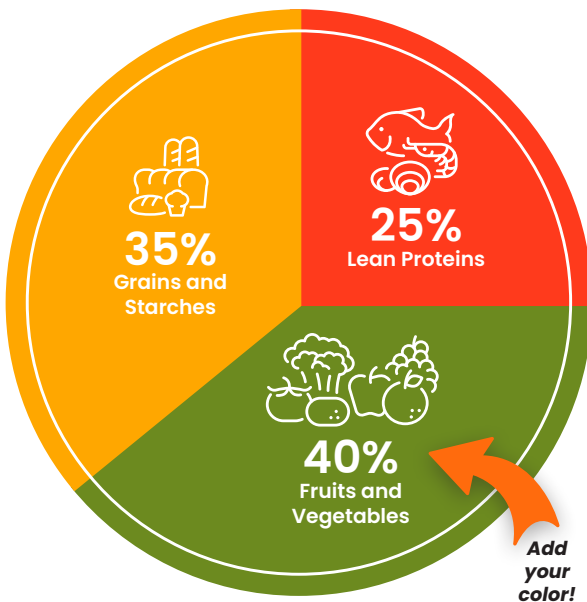
- ▲ Calorie and carbohydrate needs are reduced due to decreased training, sport-specific needs and/or off-season weight loss goals.
- ▲ Proper fluid and electrolyte intake are needed to maintain hydration.
- ▲ Adequate protein and antioxidant-rich foods are necessary to sustain health, body composition and recovery.



MODERATE TRAINING

A moderate day may be one where you **train twice but focus on technical skills or light training in one workout and on endurance or strength in the other**. Moderate is your typical workout and practice days and acts as the baseline. Adjust meals based on your needs and your body's response for easy or hard training days.

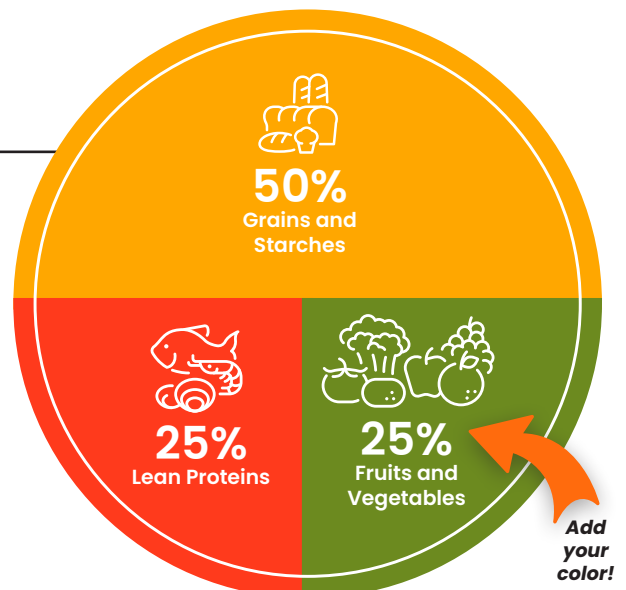
- ▲ Calorie and carbohydrate needs are moderate.
- ▲ Proper fluid and electrolyte intake is needed to maintain hydration.
- ▲ Adequate protein and antioxidant-rich foods are essential for adequate recovery and immune function.



HARD TRAINING

A hard day contains **at least two workouts that are relatively hard or you have a competition**. If your competition requires extra fuel from carbohydrates, use this plate to load up in the days before and after competition. Hard days require more energy from carbs to fuel and replenish your body to support recovery.

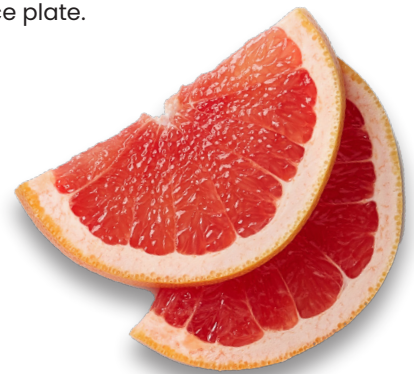
- ▲ Calorie and carbohydrate needs are at their highest.
- ▲ High fluid and electrolyte intake is needed to maintain hydration.
- ▲ Adequate protein and antioxidant-rich foods are essential for adequate recovery and immune function.





IDENTIFYING **PEAK PERFORMANCE** SELECTIONS

Peak Performance is supported by educational infographics and includes recommendations for fueling outside of mealtimes. Unlike a traditional training table, athletes may enjoy many choices at mealtimes, with **Peak Performance selections identified throughout the dining hall**. Selections are inclusive to accommodate food allergies and preferences yet balanced to encompass all food groups to **encourage overall healthy eating habits** when creating your performance plate.



Scan below



**for more
dining information**

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