In-Season Training Plate

**Dairy:** 2-3 servings per day
- Examples: milk, yogurt, protein shakes, cheese, cottage cheese

**Sweets:** 1-2 servings per day
- Examples: ice cream, cookies, fruit juice, soda, Gatorade

**Starchy Carbohydrates:** ½ your plate
- Examples: rice, pasta, bread, potato, cereal, corn, tortillas, oats, granola. Choose whole grains often!

**High Protein:** ¼ your plate
- Examples: chicken, beef, pork, fish, eggs
- Greek yogurt, whey protein, cottage cheese

**Plants:** ¼ your plate
- Examples: salad, cooked veggies, salsa, pasta sauce, fruit, baked beans, refried beans, chili