

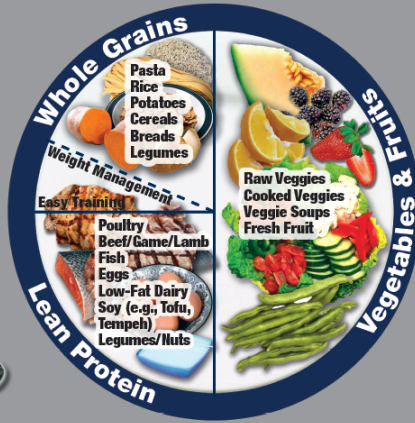
## EASY TRAINING / WEIGHT MANAGEMENT:

### FATS

1 Teaspoon



Avocado  
Oils  
Nuts  
Seeds  
Cheese  
Butter



### FLAVORS

Salt/Pepper  
Herbs  
Spices  
Vinegar  
Salsa  
Mustard  
Ketchup

<http://>

# Athletes' Plates

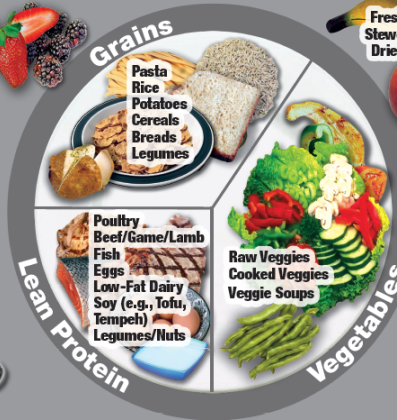
## MODERATE TRAINING:

### FATS

1 Tablespoon



Avocado  
Oils  
Nuts  
Seeds  
Cheese  
Butter



Fresh Fruit  
Stewed Fruit  
Dried Fruit



### FLAVORS

Salt/Pepper  
Herbs  
Spices  
Vinegar  
Salsa  
Mustard  
Ketchup

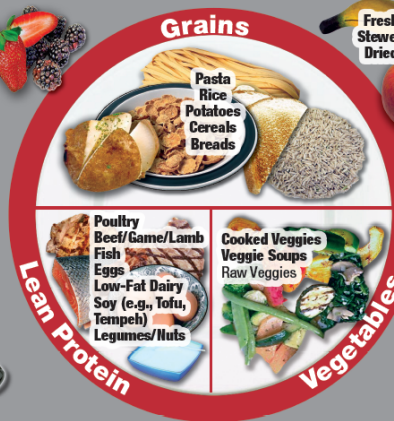
## HARD TRAINING / RACE DAY:

### FATS

2 Tablespoons



Avocado  
Oils  
Nuts  
Seeds  
Cheese  
Butter



Fresh Fruit  
Stewed Fruit  
Dried Fruit



### FLAVORS

Salt/Pepper  
Herbs  
Spices  
Vinegar  
Salsa  
Mustard  
Ketchup

Collaboration between USOC Sport Dietitians  
And UCCS Sport Nutrition Graduate Program