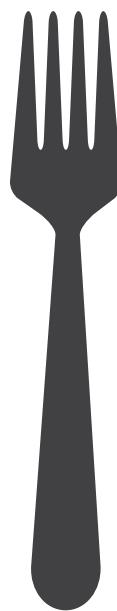


POWER PLATE

EAT TO FUEL YOUR PERFORMANCE



EAT MINDFULLY

- Slow down
- Take smaller bites
- Chew more
- Focus on flavor

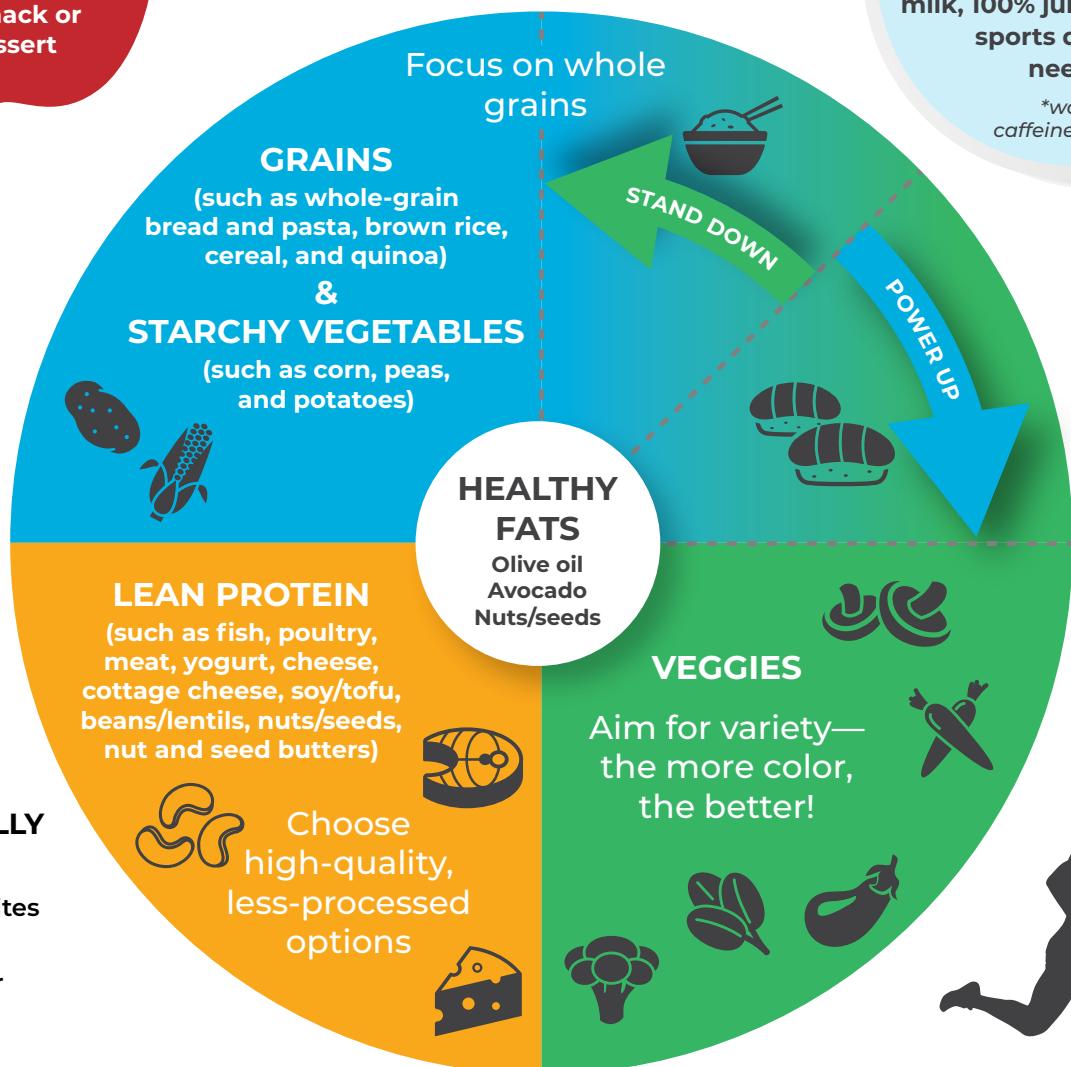


POWER UP

Increase grains & starchy vegetables to 1/2 of your plate for intense training or operations

STAND DOWN

Decrease grains & starchy vegetables to 1/4 of your plate on easy/rest days or for weight loss



BE ACTIVE!

For optimal performance, match your portions with your activity level (this can change day to day)

Adapted from: Team USA's Athlete's Plates

For more information, visit HPRC-online.org/nutrition