

POWER PLATE

EAT TO FUEL YOUR PERFORMANCE

POWER UP

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

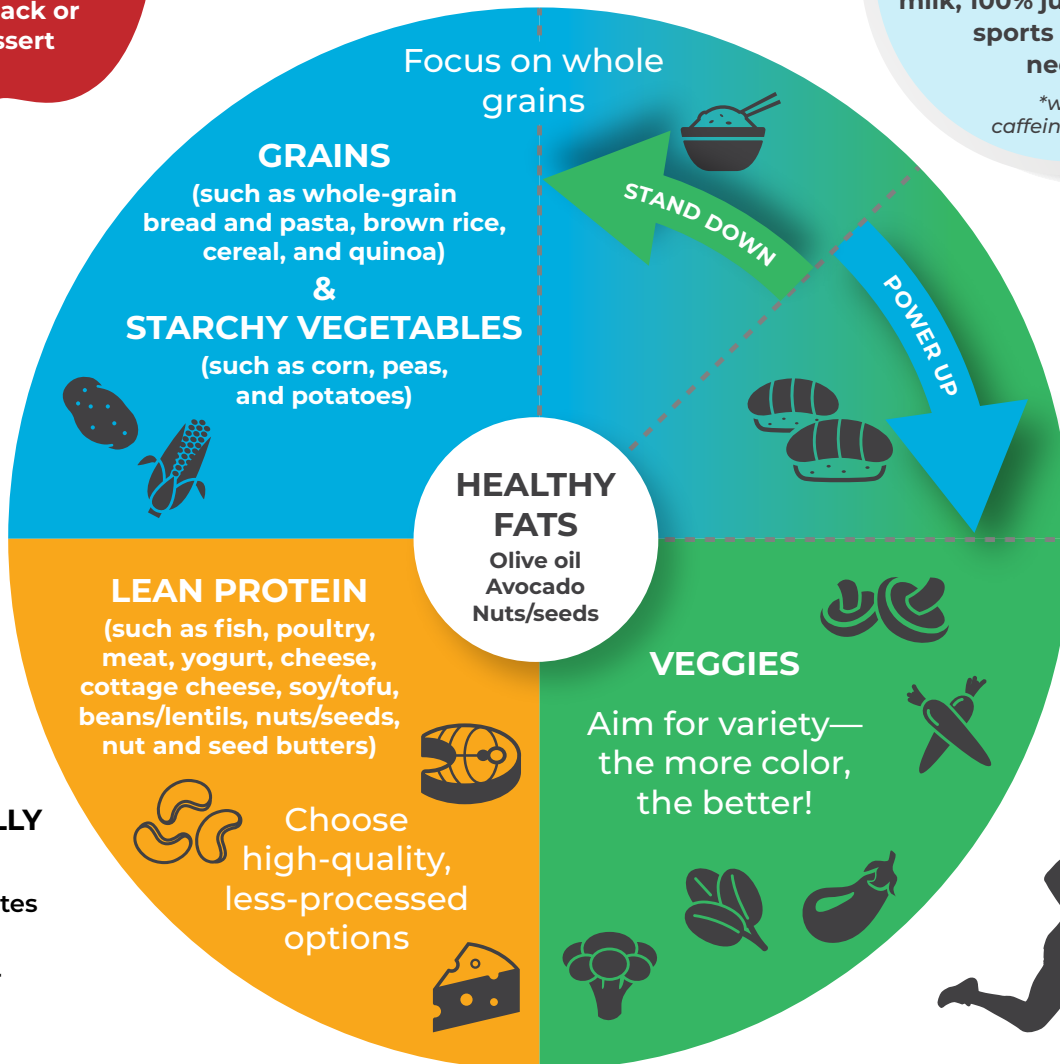
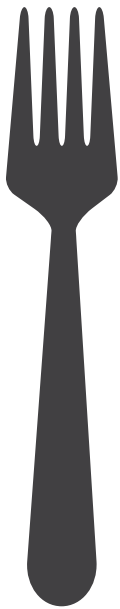
STAND DOWN

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

WATER OR UNSWEETENED DRINKS

Coffee*, tea*, milk/nondairy milk, 100% juice (limit 4 oz); sports drinks as needed

*watch caffeine content



EAT MINDFULLY

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



BE ACTIVE!

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

