

Easy Training/ Weight Management Plate



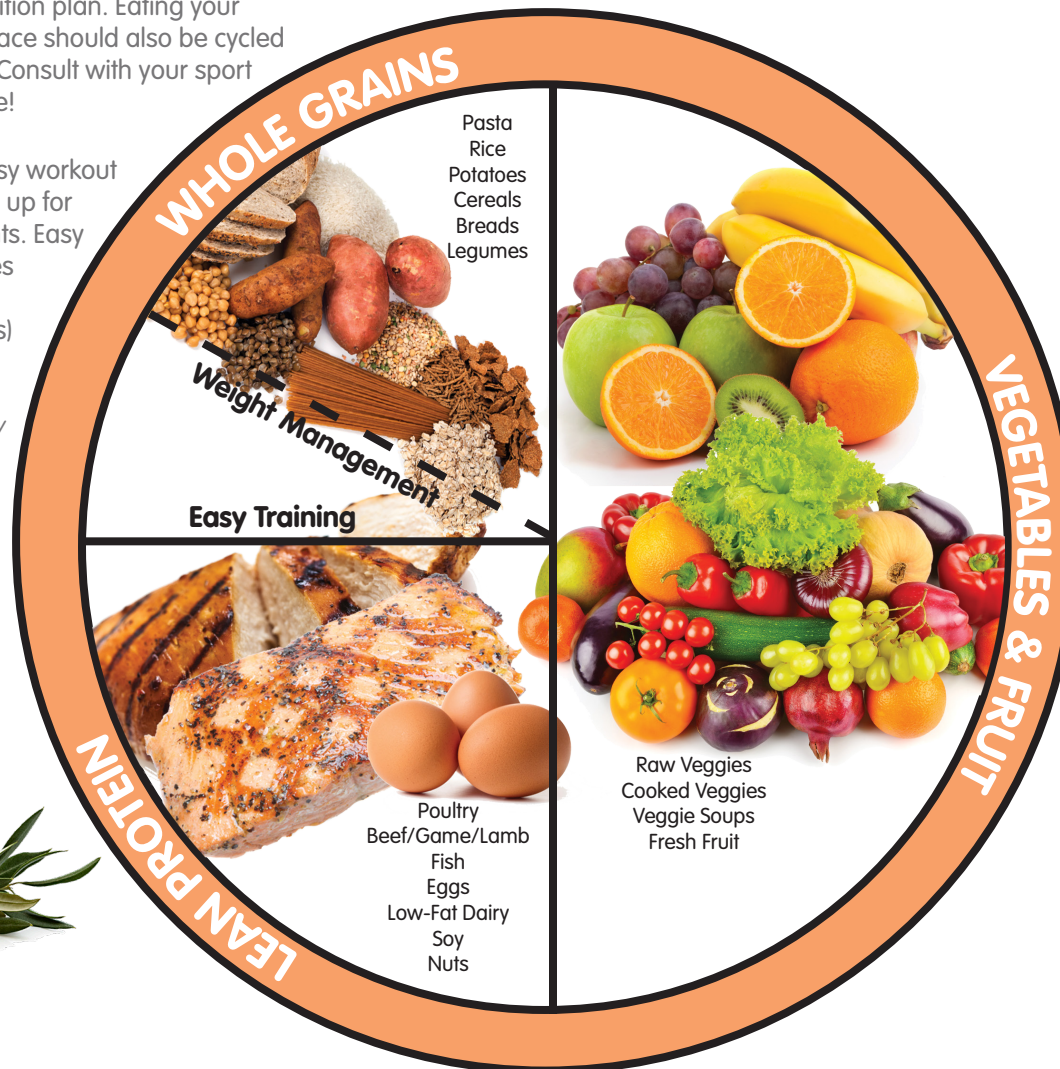
Sports Medicine Center

CHILDREN'S MERCY KANSAS CITY

Training volume and intensity vary from day to day and week to week along your training/competition plan. Eating your meals and fueling your workout or race should also be cycled according to how hard or easy it is. Consult with your sport dietitian to put this plate into practice!

An easy day may contain just an easy workout or tapering without the need to load up for competition with energy and nutrients. Easy day meals may also apply to athletes trying to lose weight and athletes in sports requiring less energy (calories) due to the nature of their sport.

This document has been clinically reviewed by Lora Edwards, MS Ed, RD, CSSD, LD, Certified Sports Specialist in Dietetics, Children's Mercy.



DRINKS

- Water
- Dairy/Non-Dairy Beverages
- Diluted Juice
- Flavored Beverages
- Coffee
- Tea



FLAVORS

- Salt/Pepper
- Herbs
- Spices
- Vinegar
- Salsa
- Mustard
- Ketchup