

THE ULTIMATE GUIDE ***TO SPORTS NUTRITION***



HAND GUIDE

USE THIS AS A REFERENCE FOR MEASURING APPROPRIATE PORTIONS
OF EACH FOOD GROUP FOR YOUR PERFORMANCE PLATES



CONVENTIONAL MEASUREMENT

3-4 oz cooked meat, 2 whole eggs, 1 cup Greek yogurt

- Low Intensity Plate: 1 Palm
- Moderate Intensity Plate: 1-2 Palms
- Hard Intensity Plate: 1 Palm



CONVENTIONAL MEASUREMENT

1/2-2/3 cup cooked grains/legumes

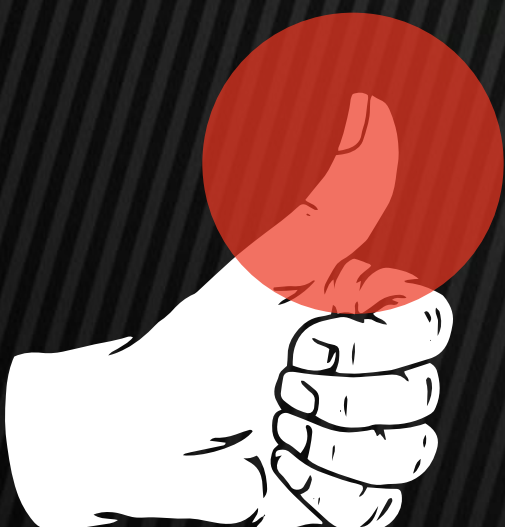
- Low Intensity Plate: 1 Cupped Handful
- Moderate Intensity Plate: 1.5 Cupped Handfuls
- Hard Intensity Plate: 2 Cupped Handfuls



CONVENTIONAL MEASUREMENT

1 cup non-starchy vegetables (raw or cooked), 1 medium fruit

- Low Intensity Plate: 2 Fists
- Moderate Intensity Plate: 1.5 Fists
- Hard Intensity Plate: 1 Fist



CONVENTIONAL MEASUREMENT

1 tbsp healthy fat

- Low Intensity Plate: 2 Thumbs
- Moderate Intensity Plate: 1.5 Thumbs
- Hard Intensity Plate: 1 Thumb



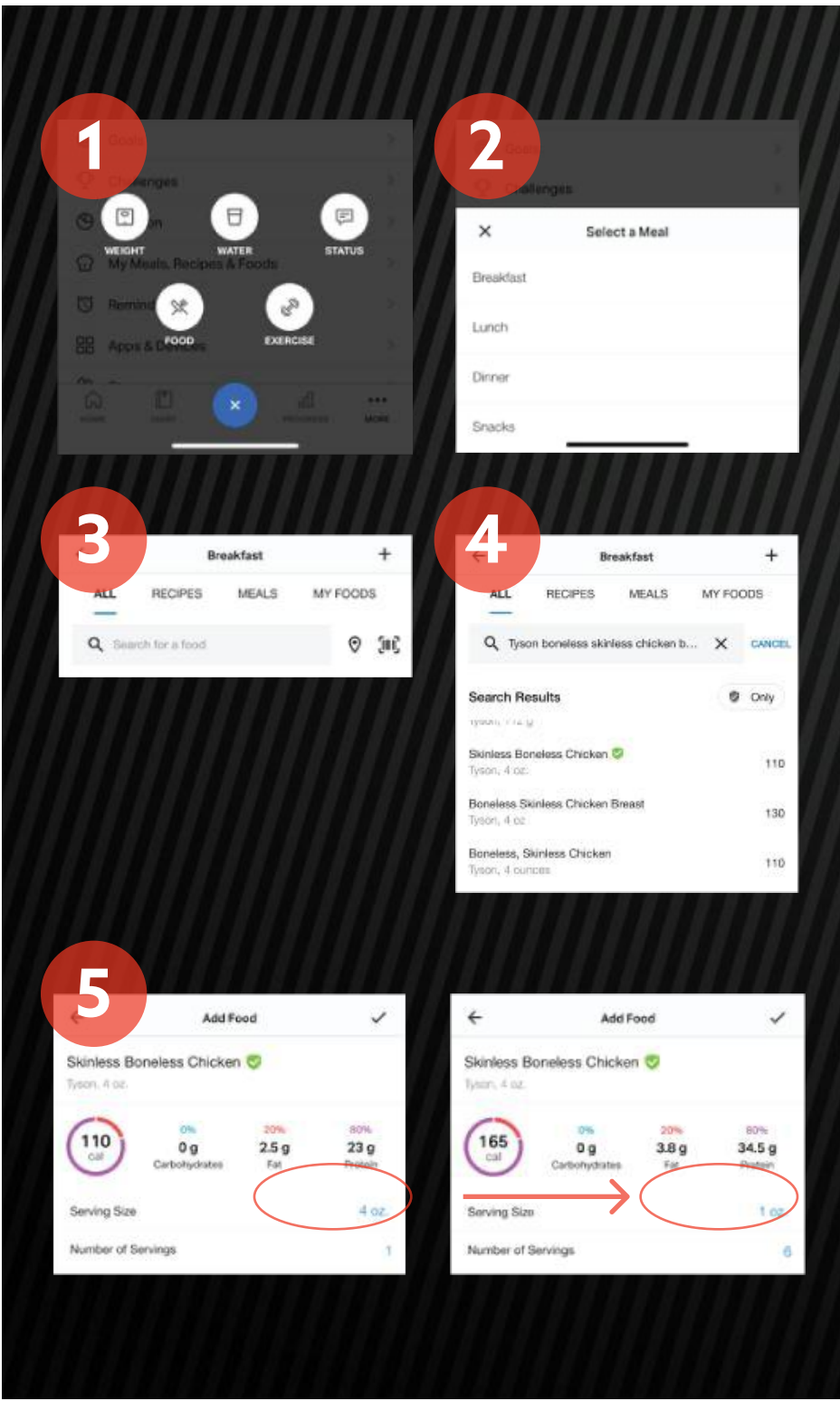
MYFITNESSPAL

USE THIS AS A GUIDE TO GETTING STARTED USING MYFITNESSPAL
TO LOG AND TRACK YOUR MEALS AND SNACKS



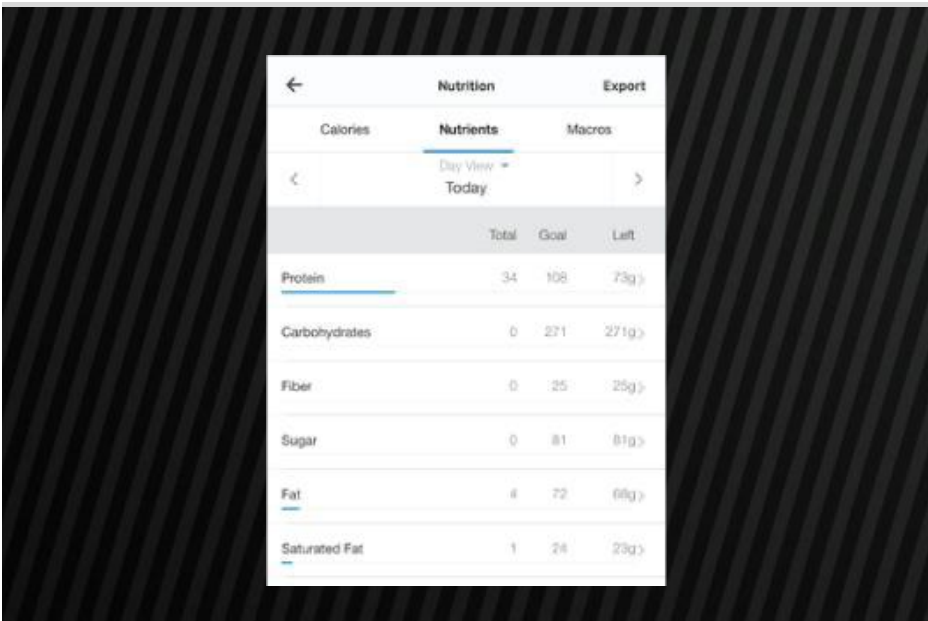
DOWNLOAD AND SIGN UP

1. Download the app and follow the prompts to create your profile and sign up.
2. MyFitnessPal will suggest a calorie goal for you. You are able to edit this by tapping **>Goals>Nutrition Goals:** Calorie, Carbs, Protein and Fat Goals



SEARCHING FOR FOOD ITEMS

1. To start adding food, tap **+**, then **FOOD**.
 - You are able to use this app to log things like weight, water, exercise, but this guide will cover only the basics of adding food.
2. Select the name of the meal you want to add food under.
3. Type in the name of the food you'd like to add into the search box and click "Search"
 - Tap the barcode icon to scan packaged items.
4. A list of foods that match your search will appear. Choose the best match, paying attention to brand, form of the food, and preparation method (for example: raw or cooked, dry or prepared, breaded or grilled, etc.)
 - Pro-Tip: Try to choose options with a **✓** icon. This icon means it's been verified to be accurate.
5. Once you've made your selection, adjust the Serving Size and Number of Servings and click the checkmark at the top to add your entry to your food diary.
6. Repeat this process, adding all food items, beverages, toppings, sauces, condiments, oils, etc. for each meal and snack.



MORE INFO

1. At the bottom of your food diary, you can click the "NUTRITION" button to see detailed breakdowns of your calories, macros, and other nutrients.
2. Tap **>Help>Frequently Asked Questions** for additional assistance navigating and using the app.



READ A FOOD LABEL

1

SERVING SIZE & SERVINGS PER CONTAINER

All the information on the Nutrition Facts label is based on one serving of the item.

Many packages contain more than one serving. If you eat multiple servings, multiply the calories and nutrients.

2 SERVINGS = CALORIES X 2

2

CALORIES

This is where you'll find the number of calories per serving.

- An item that is "zero calories" contains fewer than 5 calories per serving.
- "Low calorie" means <40 calories per serving.
- "Reduced calories" indicates an item contains 25% fewer calories than the original, but does not necessarily mean the item is low in calories.

3

NUTRIENTS

+ NUTRIENTS TO GET MORE OF:

- Dietary Fiber
- Calcium
- Vitamin D
- Iron
- Protein

- NUTRIENTS TO GET LESS OF:

- Saturated Fat
- Trans Fat
- Sodium
- Added Sugars

Nutrition Facts	
About 7 servings per container	
Serving size 1 1/3 cup (41g)	
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 125mg	5%
Total Carbohydrate 35g	13%
Dietary Fiber 1g	5%
Soluble Fiber 0g	
Insoluble Fiber 0g	
Total Sugars 2g	
Incl. 1g Added Sugars	3%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 20mg	0%
Iron 0.8mg	4%
Potassium 120mg	2%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

THIS ITEM CONTAINS WHOLE GRAINS

Ingredients: Organic Whole Grain Brown Rice, Organic Cane Sugar, Sea Salt.



ANIMAL-BASED PROTEIN SOURCES

SOURCES OF HIGH QUALITY PROTEIN

FOOD, AMOUNT, & GRAMS OF PROTEIN

- Chicken (skinless), 3 oz - 28 grams
- Steak, 3 oz - 26 grams
- Turkey (roasted), 3 oz - 25 grams
- Lamb, 3 oz - 23 grams
- Pork, 3 oz - 22 grams
- Salmon, 3 oz - 22 grams
- Tuna, 3 oz - 22 grams
- Shrimp, 3 oz - 20 grams
- Eggs, 3 large - 18 grams
- Greek yogurt, 6 oz - 18 grams
- Bison, 3 oz - 18 grams
- Lobster, 3 oz - 16 grams
- Duck, 3 oz - 15 grams
- Sardines (canned), 5 sardines - 15 grams
- Cottage cheese (1% fat), 4 oz - 14 grams
- Ham, 3 oz - 14 grams
- Scallops, 3 oz - 14 grams
- Fairlife milk, 1 cup - 13 grams
- Beef jerky, 1 oz - 10-13 grams
- Regular yogurt (nonfat), 1 cup - 11 grams
- Skim milk, 1 cup - 11 grams
- Mozzarella (part skim), 1 oz - 7 grams
- String cheese (nonfat), 1 piece - 6 grams
- Turkey bacon, 2 slices - 5 grams
- Pork sausage patty, 1 patty - 5 grams



PLANT-BASED PROTEIN SOURCES

BEST SOURCES OF PLANT-BASED PROTEIN

FOOD, AMOUNT, & GRAMS OF PROTEIN

- Tempeh, 100 grams - 18 grams
- Lentils, 1 cup cooked - 18 grams
- Black beans, 1 cup canned - 15 grams
- Almonds, 1/2 cup - 15 grams
- Black-eyed peas, 1/2 cup - 13.5 grams
- Edamame, 1/2 cup shelled - 13 grams
- Kidney beans, 1 cup canned - 13 grams
- Firm tofu, 100 grams - 12 grams
- Chickpeas, 1 cup canned - 12 grams
- Spirulina, 3 tbsp - 12 grams
- Hazelnuts, 1/2 cup - 10 grams
- Hemp seeds, 3 tbsp - 10 grams
- Chia seeds, 3 tbsp - 6-9 grams
- Flaxseed, 3 tbsp, 6-8 grams
- Nutritional yeast, 2 tbsp - 8 grams
- Peanut butter, 2 tbsp - 8 grams
- Quinoa, 1 cup cooked - 8 grams
- Potato, 1 large - 8 grams
- Plain soy milk, 1 cup - 8 grams
- Roasted peanuts, 1/4 cup - 7 grams
- Wheat berries, 1/2 cup - 6 grams
- Rolled oats, 1/2 cup - 5 grams
- Peas, 1/2 cup - 4 grmas
- Broccoli florets, 1 cup - 3 grams
- Steamed kale, 1 cup - 3 grams



FAT PORTION SIZES

USE THIS AS A GUIDE FOR MEASURING APPROPRIATE FAT PORTIONS

1 O Z NUTS & SEEDS



Almonds
(20-24 almonds)



Chia Seeds
(2 tbsp/2 thumbs)



Brazil Nuts
(6-8 nuts)



Flaxseeds
(3 tbsp/3 thumbs)



Cashews
(16-18 cashews)



Flaxseeds
(3 tbsp/3 thumbs)



Pecans
(18-20 pecans)



Pumpkin Seeds
(2 tbsp/2 thumbs)



Pistachios
(47-49 kernels)



Sesame Seeds
(2 tbsp/2 thumbs)



Walnuts
(8-14 walnuts)



Sunflower Seeds
(2 tbsp/2 thumbs)



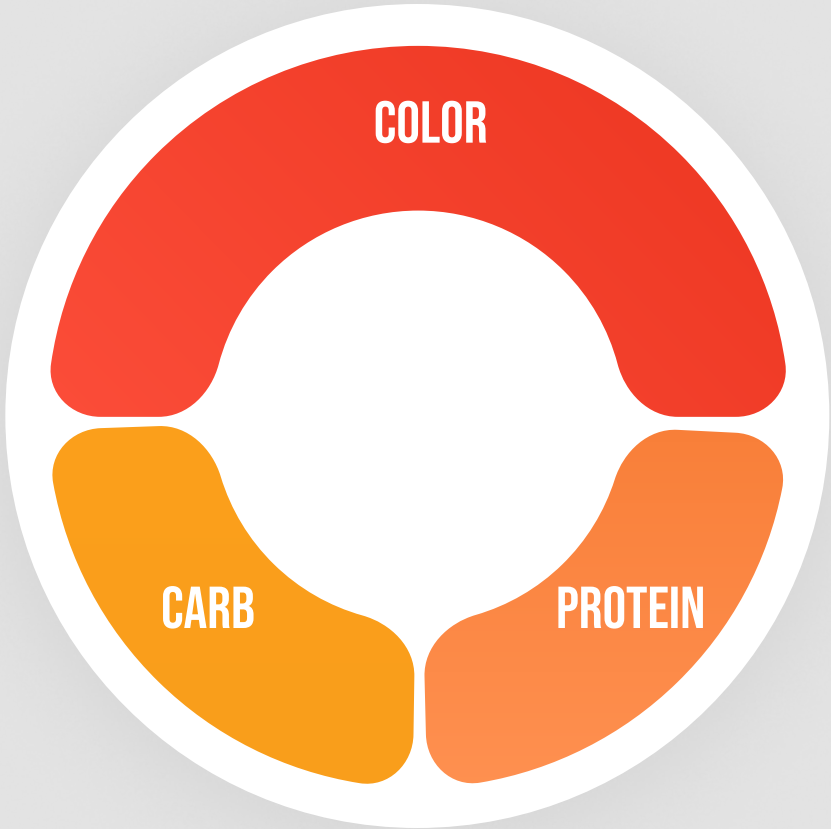
1 THUMB = 1 TABLESPOON FAT



PERFORMANCE PLATES

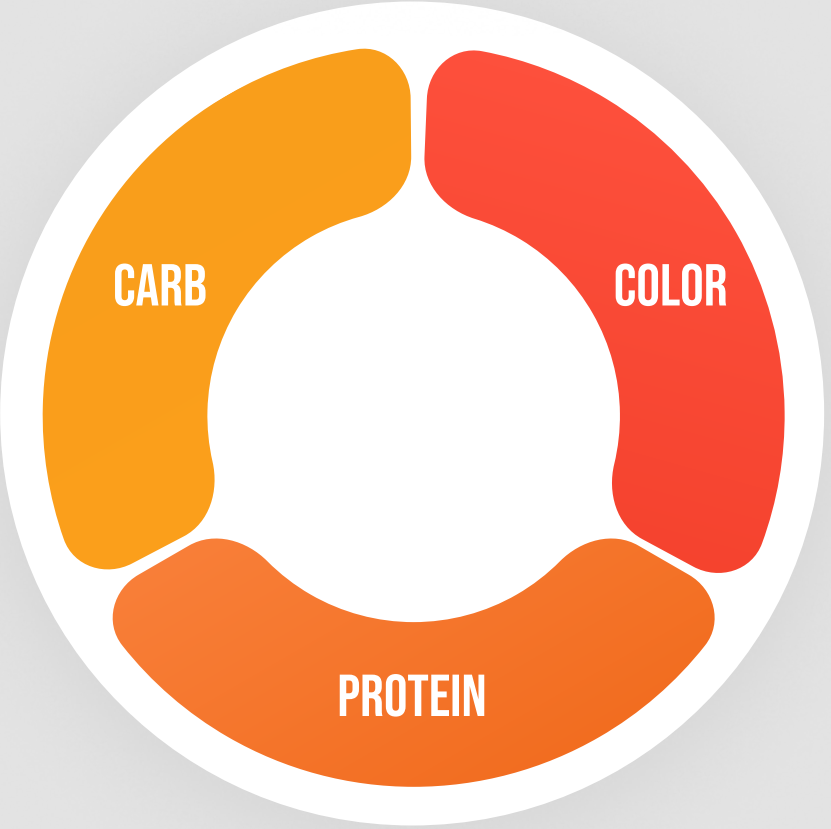
CHOOSE THE PERFORMANCE PLATE THAT BEST MATCHES YOUR
ACTIVITY FOR THE DAY & USE THAT PLATE AS A GUIDE FOR
BREAKFAST, LUNCH, DINNER. ATHLETES SHOULD ALSO INCLUDE 2-3
SNACKS PER DAY + A POST-WORKOUT SNACK.

LOW INTENSITY TRAINING & REST DAYS



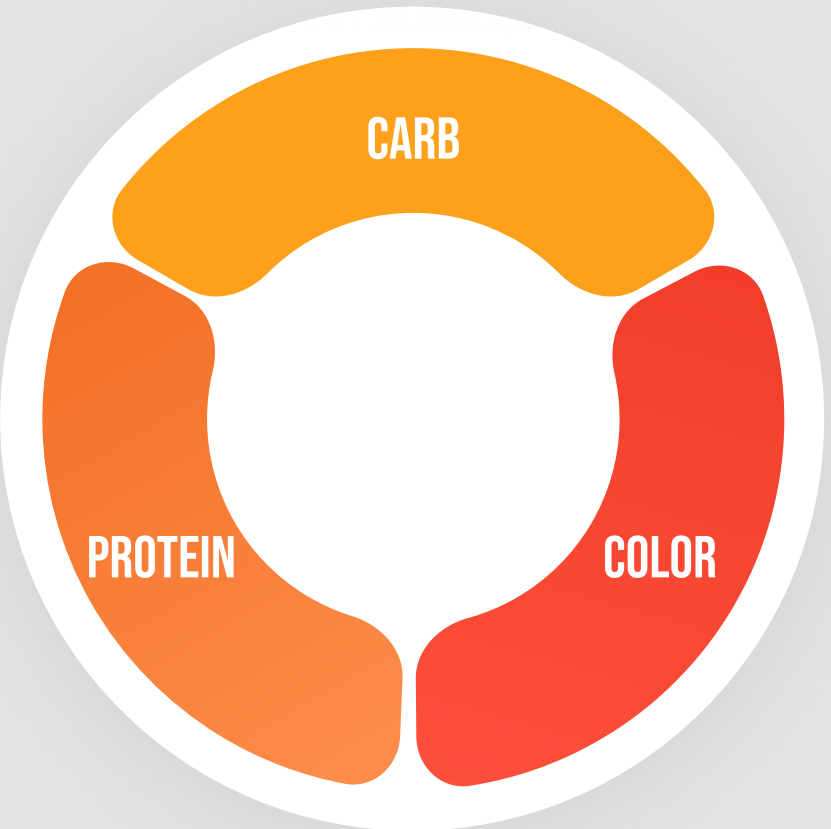
- Rest Day/No Practice
- Light Body Weight
- Training
- Casual Walks
- Short Jogs
- Weight Loss

MODERATE INTENSITY TRAINING



- Most Practices
- Most Workouts
- ~1 hr Strength Training
- Endurance Practice + 30 Min Weight Training
- 3-5 Mile Runs
- Weight Maintenance

HARD INTENSITY TRAINING



- Game/Competition Days
- Tournaments
- Pre-Season
- Two-A-Days
- Weight Gain

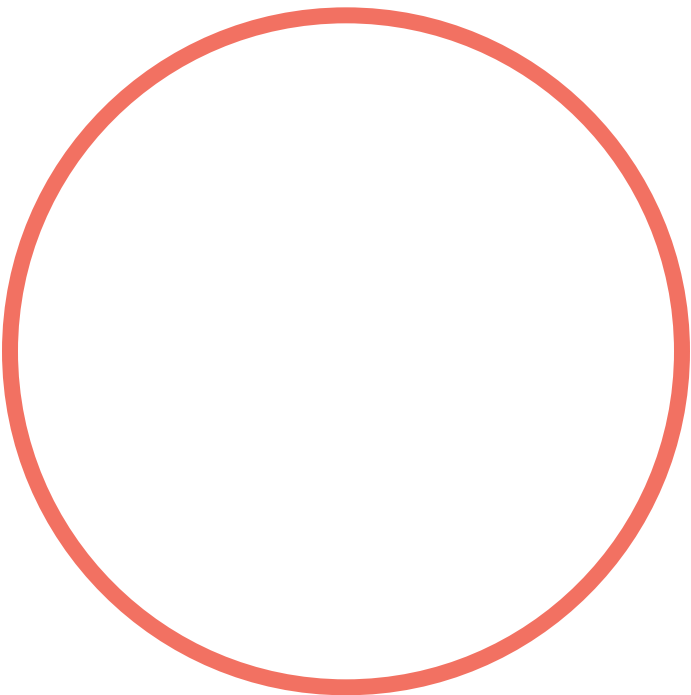


MY PERFORMANCE FOODS

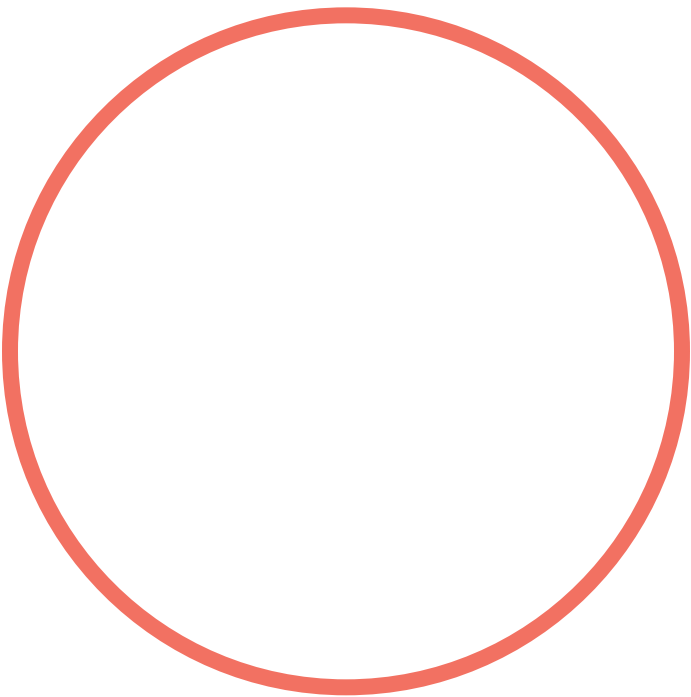
USE THE ATHLETE GROCERY SHOPPING LIST TO FILL IN FOODS YOU LIKE FOR EACH CATEGORY, THEN CORRECTLY DRAW LINES AND LABEL THE PERFORMANCE PLATES.

CARBS

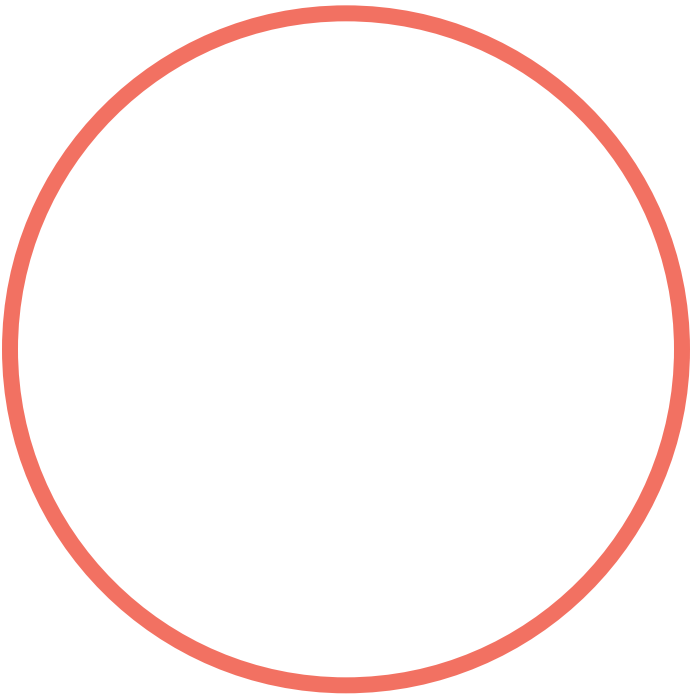
COLOR



LOW INTENSITY



MODERATE INTENSITY



HARD INTENSITY

PROTEIN

HEALTHY FATS

Empty rounded rectangle for drawing a plate for Carbs.

Empty rounded rectangle for drawing a plate for Color.

Empty rounded rectangle for drawing a plate for Protein.

Empty rounded rectangle for drawing a plate for Healthy Fats.

ATHLETE GROCERY SHOPPING LIST

BUILD A SHOPPING LIST BY SELECTING ITEMS TO FILL YOUR PERFORMANCE PLATES!

CARBS

CHOOSE 100% WHOLE WHEAT/ GRAIN OPTIONS

- Bread
- English Muffins
- Bagels
- Dry cereal
- Oatmeal
- Granola Bars (Kashi, Luna, Clif,
- LaraBar)
- Tortilla/Wraps
- Pita Bread
- Pasta
- Rice
- Couscous
- Quinoa
- Potatoes (white/red/sweet)
- Crackers (Triscuits, Wheat Thins,
- Graham)
- Pretzels
- Low-Fat Popcorn
- Baked Chips
- Fig Newtons
- Corn

PROTEIN

OPT FOR MOSTLY LEAN PROTEIN SOURCES

- Eggs
- Chicken Breast (boneless, skinless)
- Turkey
- Turkey products (sausage, bacon)
- Lean Deli Meat
- Lean Beef (90/10 or better)
- Sirloin/Tenderloin
- Fish (salmon, tilapia, cod...)
- Shrimp
- Tuna packets
- Pork Tenderloin
- Tofu
- Milk (regular, chocolate milk)
- Greek yogurt/yogurt
- Cheese
- String Cheese
- Beans
- Edamame
- Lentils
- Beef or Turkey Jerky
- Protein Bars (10-15 g protein)
- Protein Powder (whey, soy, pea - 3rd party tested)

COLORS

CHOOSE FRESH, CANNED, OR FROZEN

- Green leafy lettuce
- Bagged Salad
- Broccoli
- Asparagus
- String beans
- Bell peppers
- Brussels sprouts
- Cauliflower
- Celery
- Cucumber
- Carrots
- Mushrooms
- Onions
- Squash
- Tomato
- Zucchini
- Beets
- Cabbage
- Apple
- Banana
- Berries
- Grapefruit
- Grapes
- Kiwi
- Lemon
- Lime
- Mandarin Oranges
- Mango
- Melon
- Orange
- Peaches
- Pears
- Plums
- Dried fruits (1 tbsp = 1 serving)
- Fruit Cups (in own

HEALTHY FATS

- Oils (olive, canola)
- Avocado/Guacamole
- Nuts (almonds, walnuts, pistachios,
- peanuts)
- Nut Butter (peanut, almond, cashew)
- Olives
- Seeds
- Flaxseed

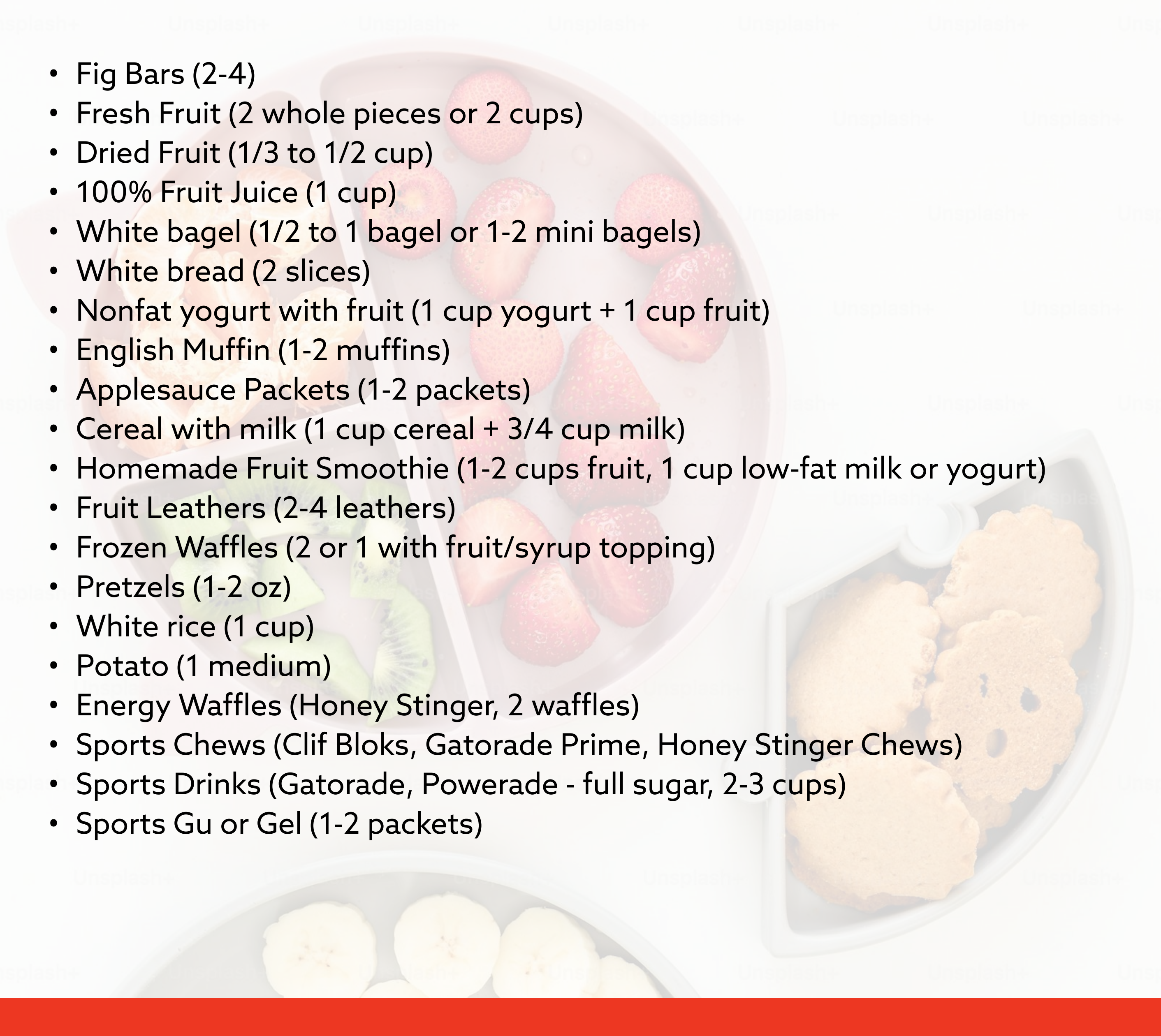
CONDIMENTS & SPICES

- Spices (fresh/dried)
- Vinegars (balsamic, apple)
- Salsa
- Mustard
- BBQ Sauce
- Ketchup
- Oil-based Salad Dressings
- Hummus
- Tomato Sauce



PRE-TRAINING SNACKS

GOOD OPTIONS 30-60 MINUTES BEFORE TRAINING OR COMPETITION

- 
- Fig Bars (2-4)
 - Fresh Fruit (2 whole pieces or 2 cups)
 - Dried Fruit (1/3 to 1/2 cup)
 - 100% Fruit Juice (1 cup)
 - White bagel (1/2 to 1 bagel or 1-2 mini bagels)
 - White bread (2 slices)
 - Nonfat yogurt with fruit (1 cup yogurt + 1 cup fruit)
 - English Muffin (1-2 muffins)
 - Applesauce Packets (1-2 packets)
 - Cereal with milk (1 cup cereal + 3/4 cup milk)
 - Homemade Fruit Smoothie (1-2 cups fruit, 1 cup low-fat milk or yogurt)
 - Fruit Leathers (2-4 leathers)
 - Frozen Waffles (2 or 1 with fruit/syrup topping)
 - Pretzels (1-2 oz)
 - White rice (1 cup)
 - Potato (1 medium)
 - Energy Waffles (Honey Stinger, 2 waffles)
 - Sports Chews (Clif Bloks, Gatorade Prime, Honey Stinger Chews)
 - Sports Drinks (Gatorade, Powerade - full sugar, 2-3 cups)
 - Sports Gu or Gel (1-2 packets)

PRE-TRAINING SNACK GUIDELINES

- Aim for 30-60 grams of fast-fuel, simple carbohydrates, can come from a combination of foods
- Above portion sizes are estimates, check labels for carb amount per serving
- Keep choices low in fat, fiber, & protein to avoid stomach upset
- Simple sugars and refined options like white bread are more ideal pre-training as they are lower in fiber and provide energy faster than complex carbohydrates



RECOVERY NUTRITION IDEAS

GOOD OPTIONS FOR RECOVERY, 15-60 MINUTES AFTER TRAINING

- Chocolate Milk (1.5-2 cups)
- Ready-To-Drink Recovery Beverages
Core Power, Muscle Milk, Rockin' Refuel, Gatorade Recover Shakes

Add a hydrating beverage:

- Bagel + Peanut Butter, Cream Cheese, or String Cheese
- Cottage Cheese + Fruit
- Greek Yogurt + Fruit and/or Honey
- PB&J or PB & Honey Sandwich
- Turkey Sandwich
- Hummus & Pretzels
- Protein bar (at least 10 gram protein) + Fruit
- Bread + Tuna Packet
- Dried Fruit + String Cheese
- Pasta + Chicken
- Avocado Toast + Fruit
- Fig Newtons or Rice Cakes + Protein Shake
- Whole Grain Crackers + Peanut/Almond Butter
- Nuts + Fruit
- Grilled Cheese Sandwich + Fruit

POST-TRAINING SNACK GUIDELINE

- 3 R's of Recovery: Refuel (with carbs), Repair (with protein), Rehydrate (with fluids + electrolytes)
- Refuel: 2-3:1 carb to protein ratio, 30-40 grams carb minimum (endurance training 4:1 ratio)
- Repair: 10-15 grams protein minimum, plant-based and larger athletes require more
- Rehydrate: Fluids + electrolytes. Hydrating fluids: water, sports drinks, low fat milk, coconut water,
- 100% fruit juice, decaf teas, tart cherry juice



TOURNAMENT & GAME DAY FUELING

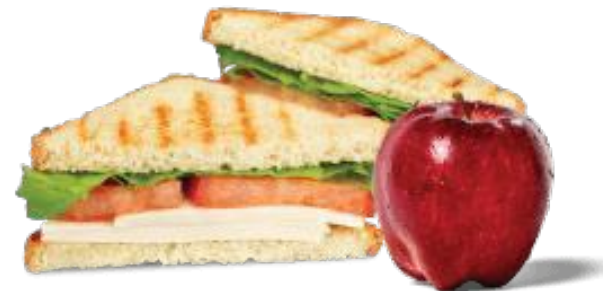
FOLLOW THIS TIMELINE FOR SUGGESTIONS OF WHAT TO EAT & WHEN

HOW MUCH TIME DO YOU HAVE?

3 - 4 HOUR

Choose a Meal

- Hard Intensity Performance Plate
- Half plate carbs
- Low in fat



2 HOUR

Balanced Snack

- Pair carbs + protein
- Low in fat & fiber



60 - 90 MINUTES

Carb-Rich Snack

- Easy to digest carb snack or drink
- Low in fat, fiber, & protein



45 MINUTES OR LESS

Fast Fuel

- Fast digesting sports drink or food
- Low in fat, fiber, & protein



HALFTIME

FOR GAMES LONGER THAN 1 HOUR

Fast Fuel

- Fast digesting sports drink or food
- Low in fat, fiber, & protein



PRO TIPS:

Trial new foods during practice & training and stick to familiar foods only competition day. Plan ahead & pack food accordingly. Don't rely on venue concession stands.



BUILD A BALANCED SNACK

ADD A SNACK DURING ANY GAP OF TIME >3 HOURS BETWEEN MEALS,
PRE-TRAINING, & RECOVERY SNACKS

PAIR PROTEIN + CARB/COLOR

PICK A PROTEIN

Milk
Deli meat
Greek yogurt
Hummus
Nut butter
Eggs
Jerky
Nuts/Seeds
Edamame
String cheese
Beans
Cottage cheese
Tuna packet
Tofu
Lentils
Fish
Protein powder

PICK A CARB/COLOR

Fresh fruit
Dried fruit
100% fruit juice
Chocolate milk
English muffin
Bagel
Bread
Dried cereal
Granola bar
Whole grain crackers
Popcorn
Fig newton
Pretzels
Granola
Oats
Rice
Pita bread



TRAVEL READY FOOD & SNACKS

PICK A PROTEIN

- Instant/microwavable rice, noodles
- Pre-cooked lentils
- Instant mashed potatoes
- Instant oatmeal, cream of wheat
- Instant soup mixes
- Granola
- Bread, tortillas, english muffins, bagels
- Granola/cereal bars
- Fig bars
- Sports bars
- Fruit snacks (dried, leathers)
- Crackers (graham, whole grain)
- Rice cakes
- Pureed fruit and veggies packets
- Sports drinks, gels, gummies
- Trail mix

PICK A CARB/COLOR

- Tuna, salmon, chicken packets
- Tofu (shelf-stable)
- Jerky
- Edamame packets
- Peanut or almond butter
- Nuts and seeds
- Protein powders
- (NSF Certified for Sport or Informed Choice for Sport tested)
- Protein bars
- Recovery drink mixe

COOLER REQUIRED OPTIONS

- PB&J
- Fresh fruit & veggies
- Bagel & cream cheese
- Turkey sandwich
- Hard-boiled eggs
- Cheese, nut, and fruit packs
- String cheese
- Chocolate milk
- Hummus
- Deli meat
- Low-fat cheese
- 100% fruit juice



EAT LIKE AN ATHLETE

SAMPLE TRAINING DAY FUELING PLAN

NOTE: INDIVIDUAL NEEDS AND PREFERENCES VARY!

BREAKFAST

MODERATE OR HARD INTENSITY PLATE

Protein: eggs, greek yogurt, low-fat milk, lean turkey sausage
Carbs: whole grain toast/waffle/pancake, oatmeal, cereal
Color: fresh fruit or 100% fruit juice, veggies in omelet

SNACK

PAIR CARB/COLOR + PROTEIN

Protein: string cheese, hardboiled egg, nuts, yogurt, pb
Carbs: granola bar, whole grain crackers/pretzels
Color: fresh fruit, dried fruit, applesauce, raw veggies

LUNCH

MODERATE OR HARD INTENSITY PLATE

Protein: lean deli meat, edamame, tuna, milk, beans
Carbs: whole grain pasta, brown rice, whole grain tortilla/pita
Color: fresh fruit, raw/steamed veggies, 100% fruit juice

SNACK

PAIR CARB/COLOR + PROTEIN

See options above. If 30-60 pre-training focus mostly on carbs.
Keep fat & fiber minimal to avoid stomach upset.

POST- TRAINING

PAIR CARBS + PROTEIN

If dinner will be eaten less than 60 minutes after training,
include a snack that include carbs & protein.

DINNER

MODERATE OR HARD INTENSITY PLATE

Protein: chicken, lean turkey, fish, lean beef, tofu, milk
Carbs: whole grain pasta, brown rice, whole grain bread/bun
Color: salad, fresh/frozen/canned veggies, fresh fruit

DESSERT

PAIR A FUN FOOD WITH PROTEIN

Popcorn, pretzels, whole grain crackers, baked chips, or a treat
Add a protein (cheese, yogurt, milk, pb, nuts) to balance out



EAT LIKE AN ATHLETE

SAMPLE TRAINING DAY FUELING PLAN

NOTE: INDIVIDUAL NEEDS AND PREFERENCES VARY!

HYDRATED

HYDRATED

HYDRATED

ALREADY
DEHYDRATED

ALREADY
DEHYDRATED

SEVERELY
DEHYDRATED

SEVERELY
DEHYDRATED

SEVERELY
DEHYDRATED



NOT GOOD

Clear urine is a sign your body is not absorbing all the fluids you are consuming. You may need more electrolytes.



GOOD

Urine the color of lemonade is a sign you're hydrating properly for your body.



NOT GOOD

Dark urine the color of apple juice, or darker, is a sign you're dehydrated and need more fluids!



SHOULD I SUPPLEMENT?

USE THIS DECISION TREE TO HELP YOU DETERMINE IF SUPPLEMENTATION
MAY BE APPROPRIATE FOR YOU



HOW TO APPLY

DON'T GET OVERWHELMED, HERE ARE THE STEPS TO APPLY
EVERYTHING

STEP 1:

FILL OUT THE 'HOW AM I DOING' CHECKLIST

STEP 2:

PRIORITIZE EVERYTHING ON THE LIST FROM
EASIEST TO HARDEST TO BE ABLE TO
COMPLETE

STEP 3:

PICK THE EASIEST THING ON THE LIST AND
MAKE IT YOUR ENTIRE FOCUS FOR THE NEXT 2
WEEKS

STEP 4:

LOOK AHEAD AT YOUR WEEK AND SEE WHAT,
IF ANYTHING, COULD HAPPEN TO KEEP YOU
FROM HITTING THIS NEW GOAL AND THEN
CREATE A PLAN OF ATTACK

STEP 5:

ONCE YOU'VE COMPLETE THE NEW HABIT 11
OUT OF THE LAST 14 DAYS, PICK THE NEXT
HABIT ON THE LIST AND REPEAT UNTIL YOU
HAVE COMPLETED THE ENTIRE LIST





If you have any questions,
contact info@trueap.com

@trueap

