

# Creating *My Plate*



## **Monday**

Plate Type:    Light    Moderate    Hard

Breakfast:

Lunch:

Snack:

Dinner:

## **Tuesday**

Plate Type:    Light    Moderate    Hard

Breakfast:

Lunch:

Snack:

Dinner:

## **Wednesday**

Plate Type:    Light    Moderate    Hard

Breakfast:

Lunch:

Snack:

Dinner:

## **Thursday**

Plate Type:    Light    Moderate    Hard

Breakfast:

Lunch:

Snack:

Dinner:

## **Friday**

Plate Type:    Light    Moderate    Hard

Breakfast:

Lunch:

Snack:

Dinner:

### **De-Brief Questions:**

1. What did you notice about the food choices you made?
2. How was it going through this activity?
3. What was something you learned?
4. Do you feel like you are already incorporating the food sources you need for a performance-based diet?

**FRUITS:** acai berries, apples (juice), apricots, bananas, blackberries, blueberries, cantaloupe, cranberries (juice), cherries, grapefruit (juice), grapes (juice), honeydew, kiwi, lemons, limes, mangoes (juice), nectarines, oranges (juice), papaya (juice), peaches, pears, pineapple (juice), plums, pomegranate (juice), prunes (juice), raspberries, raisins, star fruit, strawberries, and watermelon

**DAIRY:** all milk-based yogurts, american cheese, brie, cheddar cheese, cheese spreads, cottage cheese, feta cheese, flavored milk, frozen yogurt, gouda cheese, ice cream, lactose-free milk, low and reduced fat milk, mozzarella cheese, muenster cheese, parmesan cheese, provolone cheese, pudding, ricotta cheese, romano cheese, sherbet, soy milk (non-dairy calcium alternative), smoothies, skim milk, swiss cheese, and whole milk

**GRAINS\*:** **Whole Grains:** brown rice, buckwheat, oatmeal, popcorn, quinoa, rolled oats, WG barley, WG cornmeal, whole rye, WW bread, WW cereal flakes, WW crackers, WW pasta, WW sandwich buns and rolls, WW tortilla, and wild rice **Refined Grains:** bagels, biscuits, breadcrumbs, cakes, challah bread, cookies, corn flakes, corn tortillas, cornbread, couscous, english muffins, flour tortilla, french bread, grits, matzo, naan, noodles, pancakes, pasta, pie/pastry crusts, pita bread, pizza crust, polenta, pretzels, ramen noodles, rice cakes, saltine crackers, waffles, white bread, white rice, and white sandwich buns and rolls  
\*These products are usually made from refined grains but some may also be made with whole grains. Check the ingredient list for the words “whole grain”, “whole wheat”, “whole corn”, etc. to decide if they are made from a whole grain. Some of these foods may be made from a mixture of whole and refined grains.

(WG - Whole Grain; WW - Whole Wheat)

**OILS:** beef fat, butter, coconut oil, canola oil, chicken fat, corn oil, cottonseed oil, milk fat, olive oil, palm oil, peanut butter, peanut oil, pork fat, safflower oil, sesame oil, shortening, soybean oil, sunflower oil, and walnut oil. Some nuts and seeds, olives, fish, and avocados contain natural oils. Mayonnaise, certain salad dressings, and soft margarine with no trans fats are also high in oil content.

**PROTEIN:** almonds (butter), anchovies, bean burgers, beef, bison, black beans, cashews, catfish, chia seeds, chicken, chick peas, clams, crab, cod, duck, edamame, eggs, falafel, goose, ham, hazelnuts, hummus, kidney beans, lamb, lentils, lima beans, lobster, mixed nuts, mussels, navy beans, octopus, oysters, peanuts (butter), pecans, pinto beans, pistachios, pork, pumpkin seeds, salmon, sardines, sausage (beef, turkey), sesame seeds, scallops, shrimp, soy beans, split peas, squid, sunflower seeds, sushi, tempeh, tilapia, tofu, trout, tuna, turkey, venison, veggie burgers, walnuts, and white beans

**VEGETABLES:** acorn squash, arugula, artichokes, asparagus, avocado, beets, bell peppers, black beans, broccoli, brussel sprouts, butternut squash, cabbage, carrots, cauliflower, celery, chick peas, collard greens, corn, cucumbers, dark green leafy lettuce, edamame, eggplant, falafel, garlic, green beans, green lima beans, green peas, hummus, iceberg lettuce, jicama, kale, kidney beans, lentils, lima beans, mixed greens, mushrooms, navy beans, okra, onions, pinto beans, plantains, potatoes, radishes, red cabbage, red chili peppers, romaine lettuce, scallions, snow peas, spinach, soy beans, split peas, sweet potatoes, tomatillos, tomatoes, white beans, yellow squash, zucchini, 100% fruit juice

*This list of items are solely examples of items that you can incorporate into your diet and the actual list of items can be much longer than this.*