Building a Healthy Plate

Athlete Question:
What should I do when I have class during lunch?

Sometimes eating balanced meals can be really tough. If you know your schedule is tight, think ahead and think about what you can do. There are lots of options!

Pita sandwiches contain all parts of the healthy plate, and can be an easy way to sneak all the components into a portable package. Mix up a spinach, tomato, and cucumber into a salad. Stuff the salad into your pita with turkey or white beans. Bring along a container of dressing for dip.

Helpful Sites

ChooseMyPlate.gov
www.choosemyplate.gov
- Go to “Students” under Find Resources for You
- Choose “Daily Food Plans” under Interactive Tools
- Select SuperTracker MyPlan
- Create sample menus with tips on eating healthy!

EatRight
- Learn about fueling your body!
www.eatright.org

October At Home Meal Grocery List
- Chicken Breast
- Sweet Potato
- Yellow Squash
- Zucchini
- Apple

October At Home Meal

Bring along a piece of fruit, such as an apple, and a container of peanut butter. Complete the package by bringing along a container of milk!
Training Tips:
The Different Stages of Training

How Much Protein Are You Actually Eating?

**Protein Portions**

- **Tuna**
  - 1/2 Cup
  - 26 g protein
- **Steak**
  - 1/2 Cup
  - 25 g protein
- **Pork Chop**
  - 1/2 Cup
  - 22 g protein
- **Turkey Burger**
  - 1/2 Cup
  - 22 g protein
- **Chicken Breast**
  - 1/2 Cup
  - 21 g protein
- **Salmon Fillet**
  - 1/2 Cup
  - 25 g protein
- **Ham**
  - 1/2 Cup
  - 25 g protein
- **Eggs**
  - 1 Cup
  - 22 g protein
- **Lentils**
  - 1 Cup
  - 17 g protein
- **Tofu**
  - 1/2 Cup
  - 10 g protein
- **Black Beans**
  - 1 Cup
  - 15 g protein
- **Peanut Butter**
  - 2 Tbs.
  - 7 g protein
- **Chickpeas**
  - 1 Cup
  - 10 g protein
- **Edamame**
  - 1 Cup
  - 19 g protein
- **Quinoa**
  - 1 Cup
  - 8 g protein
- **Almonds**
  - 2 Tbs.
  - 6 g protein
- **Kale**
  - 1 Cup
  - 1 g protein
- **Mushrooms**
  - 1/2 Cup
  - 1 g protein
- **Spinach**
  - 1 Cup
  - 1 g protein
- **Broccoli**
  - 1/2 Cup
  - 1 g protein
- **Brussel Sprouts**
  - 1/2 Cup
  - 2 g protein
- **Squash**
  - 1 Cup
  - 2 g protein
- **Asparagus**
  - 1/2 Cup
- **Cauliflower**
  - 1 Cup

**MOST ATHLETES BENEFIT FROM 55 TO 115 GRAMS OF PROTEIN PER DAY DEPENDING ON SIZE AND SPORT.**

Be A Mindful Athlete
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<td>ALDI</td>
<td>1134 University Ave. W, St. Paul, MN 55104</td>
<td>9:00 AM - 8:00 PM</td>
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<td>Cub Foods</td>
<td>1440 University Ave. W, St. Paul, MN 55104</td>
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<td>Korte’s</td>
<td>1326 Randolph Ave. St. Paul, MN 55105</td>
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<td>30 Fairview Ave. S., St. Paul, MN 55105</td>
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