



FUEL YOUR PERFORMANCE: What is a Balanced Plate?



1/2 of Meal is Vegetables and Fruits

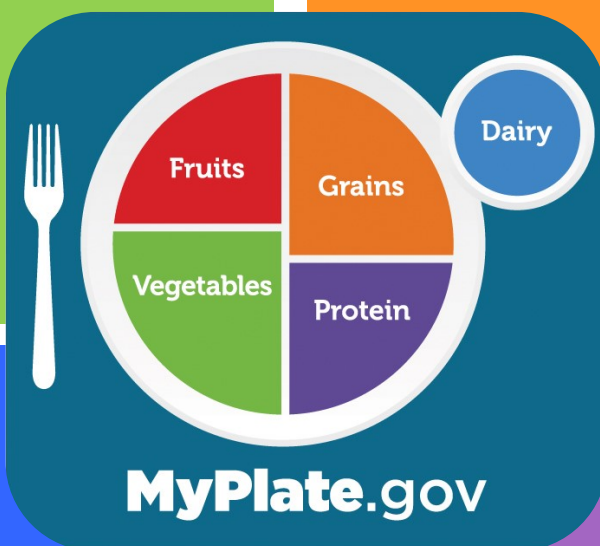
- Choose a variety of colors
- Prioritize non-starchy options

1/4 of Meal is Grains

- Choose whole grains as able
- Include rice, oats, bread, pasta, etc.

Include Healthy Fats

- Incl. dairy, nuts, seeds, or plant-based oils.
- 1 Serving = 1 Thumb



1/4 of Meal is Protein

- Choose a variety, such as meat, fish, eggs, nuts, seeds, beans, and high-protein dairy.

What Does Balanced Nutrition Do for the Body?

- **Provides sufficient energy** to support physical function
- **Provides vitamins and minerals** to support overall health and recovery (including sleep)
- **Includes fiber** to support regular digestive function
- **Improves physical performance** by maintaining muscle mass and promoting recovery and cognitive function

All to optimize overall health and be prepared for when the fight comes.