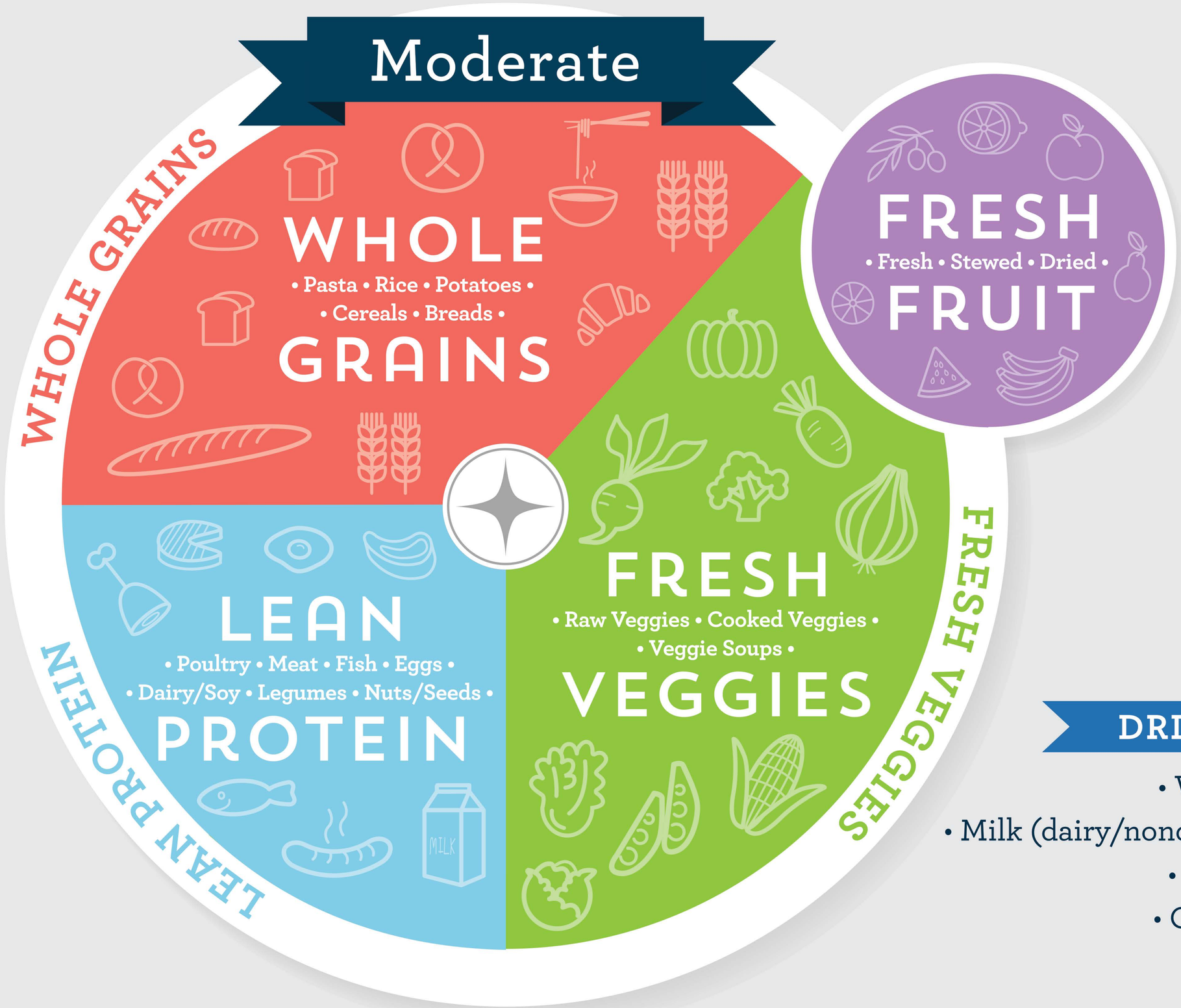
FLAVOR

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

FATS

(1-2 Tablespoons)

- Avocado
- Oils
- Nuts
- Seeds
- Cheese
- Butter



DRINKS

- Water
- Milk (dairy/nondairy)
- Juice
- Coffee
- Tea

THE TRUEFOOD ATHLETE'S PLATES ARE TOOLS TO HELP FUEL YOUR ENERGY AND NUTRIENT NEEDS OF TRAINING AND COMPETITION, WHILE PROTECTING ANIMALS, PLANTS, AND THE PLANET SO FUTURE ATHLETES CAN BENEFIT FROM TRUEFOOD!

Each of your workouts, races, or competitions vary in intensity, so your meals should, too. With TrueFood as your guide, you will learn to make food choices that boost your health and enhance your performance, while ethically supporting your fellow non-humans, the farmers producing your food, and the finite resources of our planet.

It's easy to fit TrueFood into your daily meal plan with thoughtful planning and preparation! Simply follow these tips to incorporate TrueFood into your everyday nutrition:

PROTEIN *is critical for you to repair and build muscle.*

- *Try to get half of your proteins from plant-based sources like grains, legumes, nuts, and seeds to meet both your protein needs and protect the planet.*
- *Focus on combinations of high-protein grains and legumes (quinoa, beans, or tofu) with less, but high quality meats, poultry, fish, dairy, and eggs.*
- *Stick to high-quality animal protein options such as pasture-raised chicken (and eggs!), pork, bison, sheep, or goat.*
- *Prioritize grass-fed options for beef, milk, yogurt, and cheese and for ethically raised or caught fish.*

CARBOHYDRATES *are an athlete's best friend, but understanding how to choose them wisely and remembering to eat more when training gets tough!*

- *Whole grains are your best choice, but when your training intensifies or it's competition day, replace whole with more processed choices.*
- *White pasta, rice, or local potatoes are fast energy sources and should be favored when you need to get them to your muscles quickly.*
- *Choose sourdough-fermented bread made with ancient and heritage wheat or rye from a local bakery.*
- *For a quick breakfast option, make hot porridge, oatmeal, or muesli-style cereals, with the least amount of added sugar.*

VEGETABLES *and* FRUITS *are most nutritious and flavorful when you eat them fresh and along the seasons.*

- *Try your best to eat seasonally – check farmers' markets or a seasonal produce calendar as a guide to learn what's in season in your area.*
- *Choose your vegetables wisely; eat fresh produce over canned or frozen options.*

AS A TRUEFOOD ATHLETE, THINK BEFORE YOU EAT.

Committing to ethical food choices protects the planet and boosts the livelihood of your local farming community.

DANIELS FUND ETHICS INITIATIVE
College of Business
University of Colorado Colorado Springs

TrueFood

TrueSport®

UCCS University of Colorado Colorado Springs

Easy

DRINKS
- Water
- Milk (dairy/nondairy)
- Juice
- Coffee
- Tea

FLAVOR
- Salt & Pepper
- Herbs
- Spices
- Vinegar
- Salsa
- Mustard
- Ketchup

FATS
(1-3 Teaspoons)
- Avocado
- Oils
- Nuts
- Seeds
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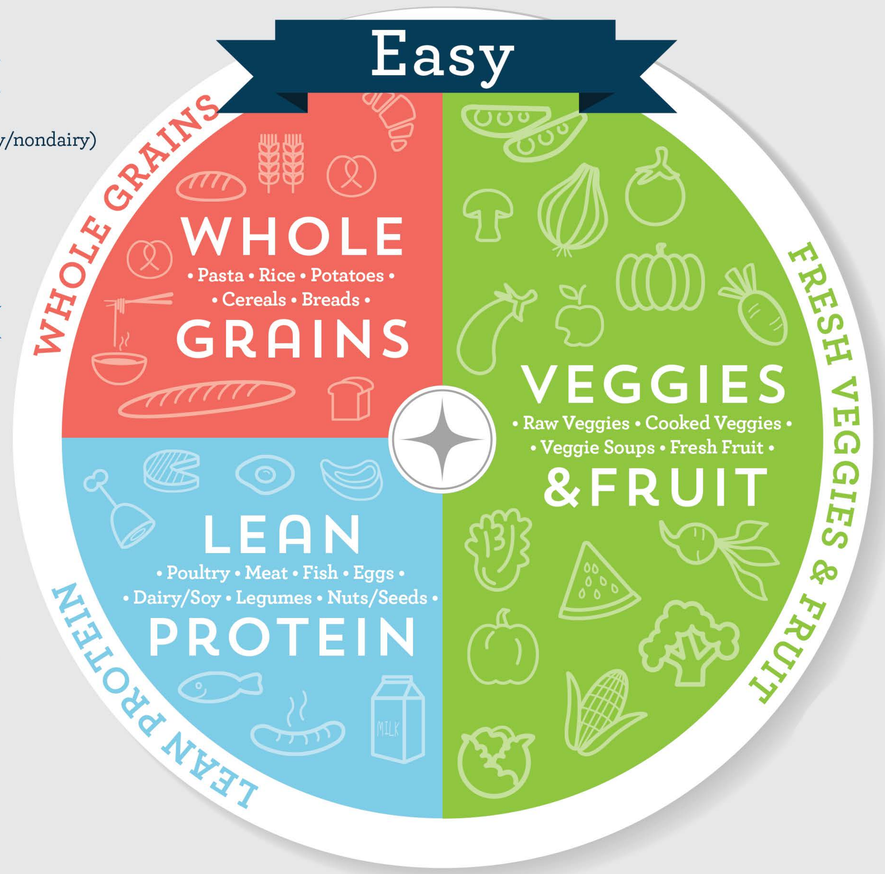
- Butter



Hard

DRINKS
- Water
- Milk (dairy/nondairy)
- Juice
- Coffee
- Tea

FLAVOR
- Salt & Pepper
- Herbs
- Spices
- Vinegar
- Salsa
- Mustard
- Ketchup

FATS
(2-3 Tablespoons)
- Avocado
- Oils
- Nuts
- Seeds
- Cheese
- Butter

