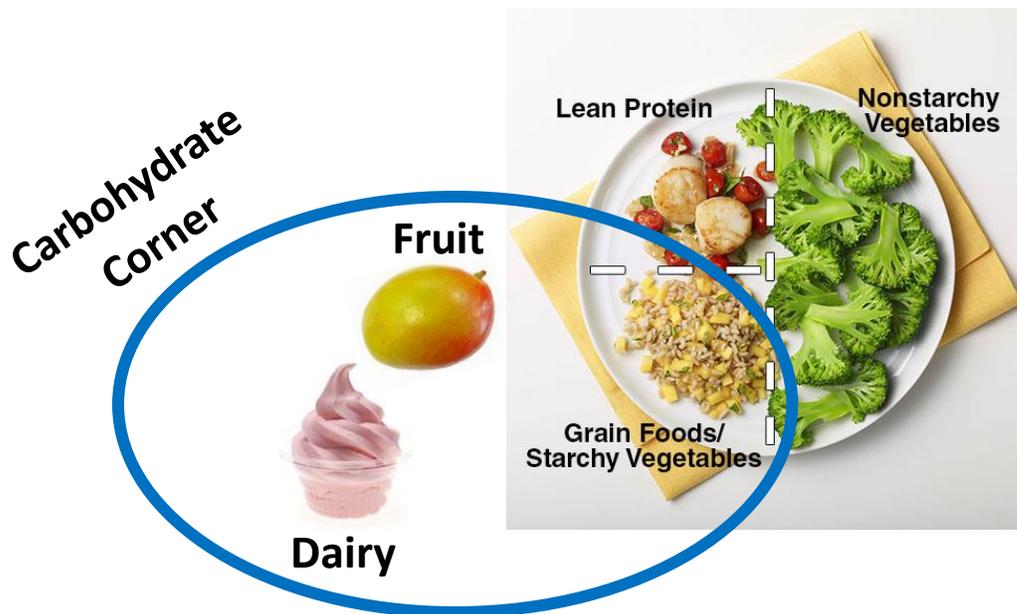


How to Create a Performance Plate

Office Olympic Triathlon Challenge



Notice that $\frac{1}{2}$ of the plate is filled with non-starchy vegetables, $\frac{1}{4}$ protein foods and $\frac{1}{4}$ grains OR starchy vegetables.

Something to note is the "carbohydrate corner". If you notice that a meal mostly fits into this section only, then it is relatively high in carbohydrates. Similarly, if a meal fits into only one of any of the other sections then you might consider trying to make it more balanced.

Keep in mind that meals aren't always divided exactly like this. Sometimes we have meals like casseroles and soups. The goal is to keep in mind the recommended proportions (i.e. try bulking up half the recipe with non-starchy vegetables).