

HOW TO BUILD YOUR BEST PLATE



Jordan Davies



INTRODUCTION



PLAYING CAREER

INTRODUCTION



PLAYING CAREER



EDUCATION

INTRODUCTION



PLAYING CAREER

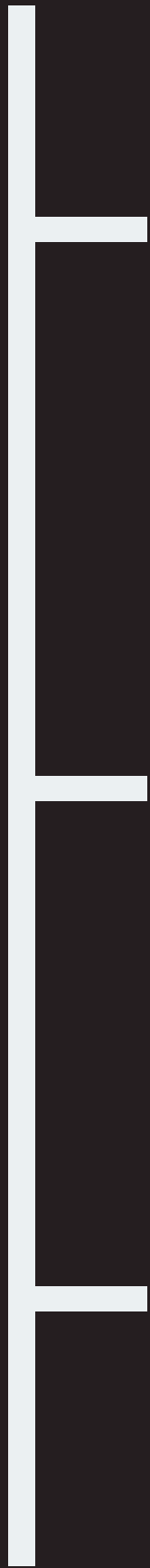


EDUCATION



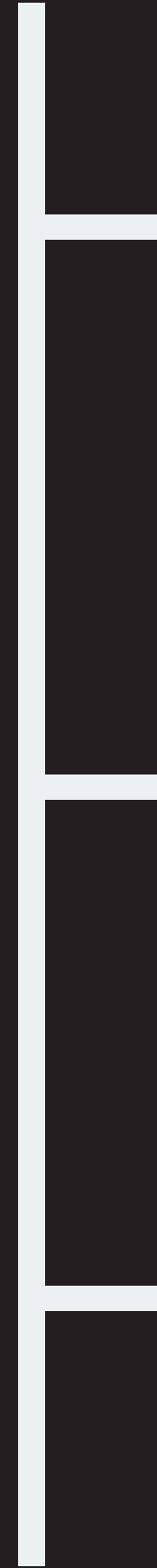
GYM OWNER

**WE TOOK A
SURVEY....**



WE TOOK A SURVEY....

- **CURRENT & FORMER
MN A'S PLAYERS**



WE TOOK A SURVEY....

- **CURRENT & FORMER
MN A'S PLAYERS**
- **CURRENT COLLEGE
PLAYERS**



WE TOOK A SURVEY....

- **CURRENT & FORMER
MN A'S PLAYERS**
- **CURRENT COLLEGE
PLAYERS**
- **HIGH SCHOOL &
COLLEGE COACHES**



WE TOOK A SURVEY....

- **CURRENT & FORMER
MN A'S PLAYERS**
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EAT ENOUGH



WE TOOK A SURVEY....

- CURRENT & FORMER MN A'S PLAYERS
- CURRENT COLLEGE PLAYERS
- HIGH SCHOOL & COLLEGE COACHES

EAT ENOUGH



EAT BREAKFAST



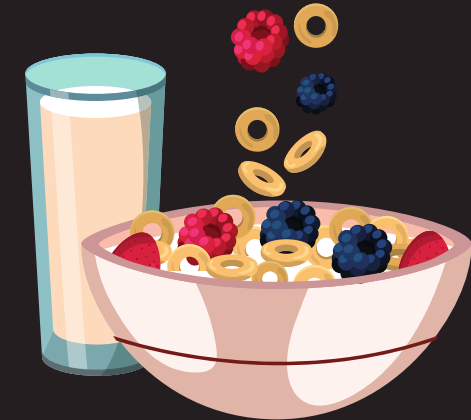
WE TOOK A SURVEY....

- **CURRENT & FORMER MN A'S PLAYERS**
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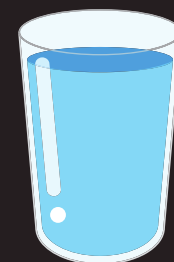
EAT ENOUGH



EAT BREAKFAST



DRINK MORE WATER



MY GOAL?

MY GOAL?

To teach you how to do all
3 of those things.

MY GOAL?

To teach you how to do all
3 of those things.

TONIGHT!

WE TOOK A SURVEY....

- **CURRENT & FORMER
MN A'S PLAYERS**
- **CURRENT COLLEGE
PLAYERS**
- **HIGH SCHOOL &
COLLEGE COACHES**



EAT ENOUGH



EAT BREAKFAST

DRINK MORE WATER

How Can You Eat Enough?

How Can You Eat Enough?

BUILDING
YOUR PLATE



WHAT You Eat

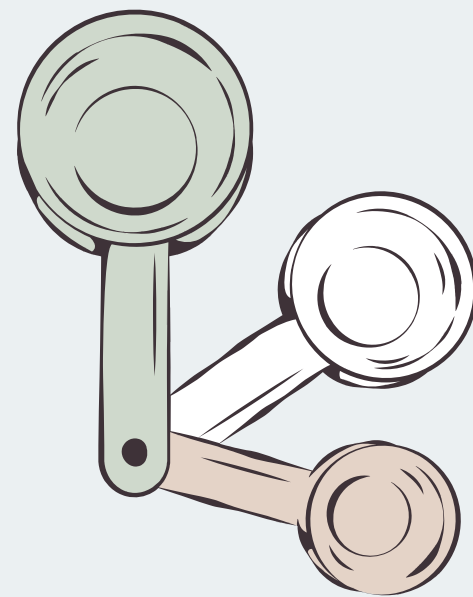
How Can You Eat Enough?

BUILDING
YOUR PLATE



WHAT You Eat

PORTION
SIZES



How Much You Eat

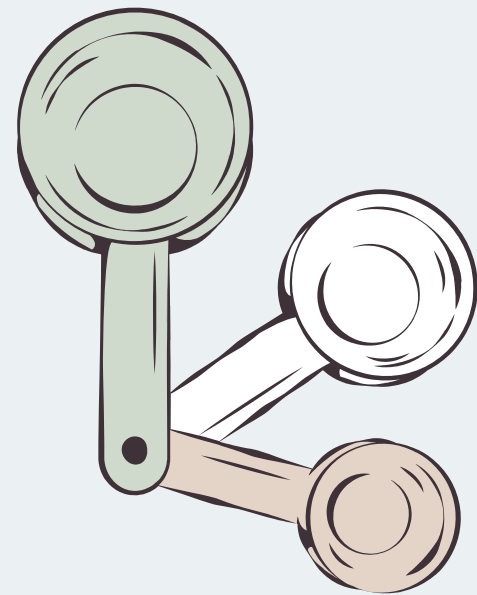
How Can You Eat Enough?

BUILDING
YOUR PLATE



WHAT You Eat

PORTION
SIZES



How Much You Eat

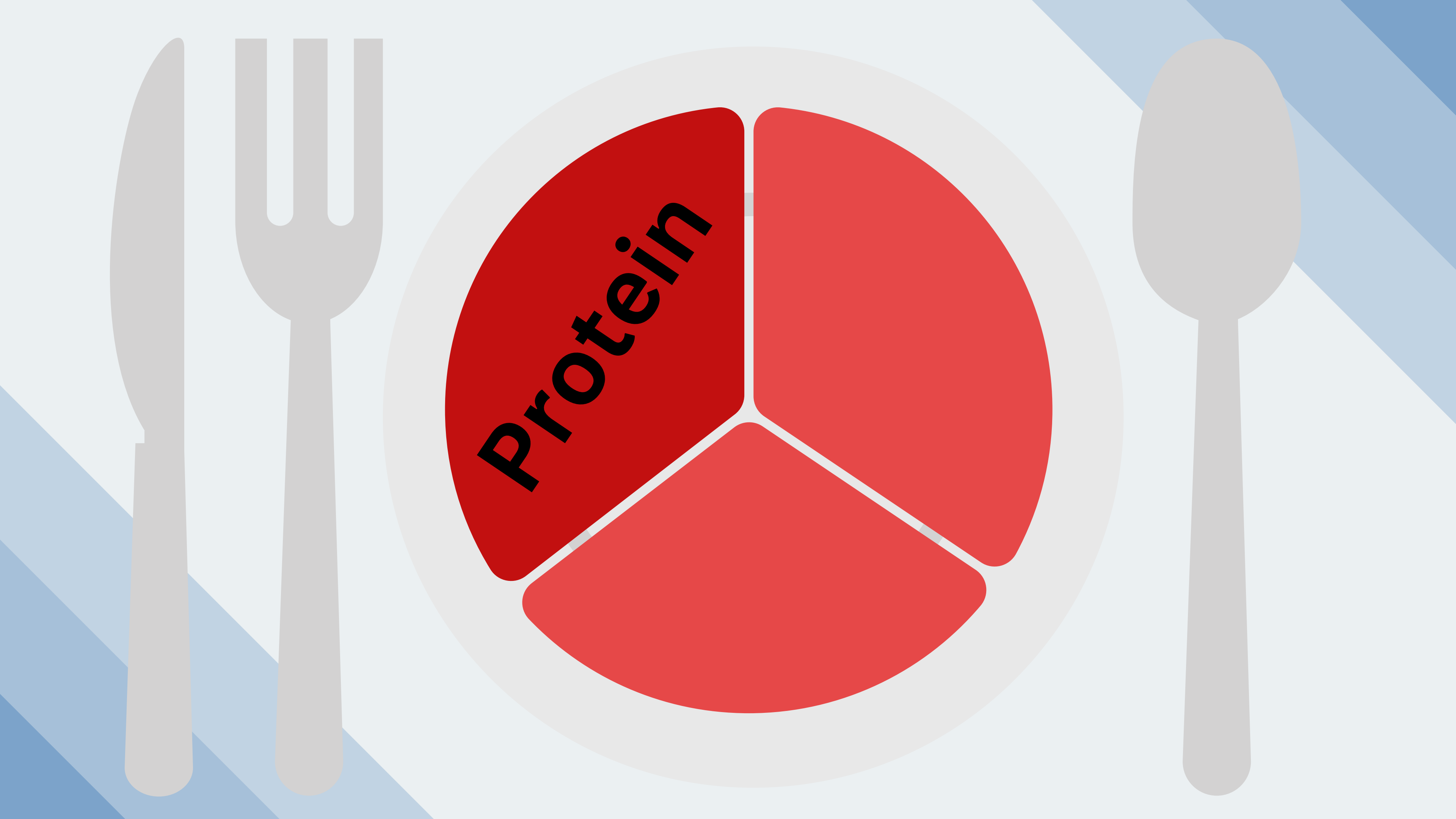
YOUR #1
MEAL



Sets the Tone

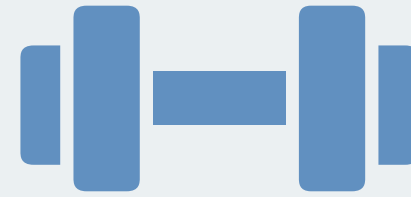


Building Your Plate



Protein

WHAT IS PROTEIN?



Muscle Builder



Hunger Control

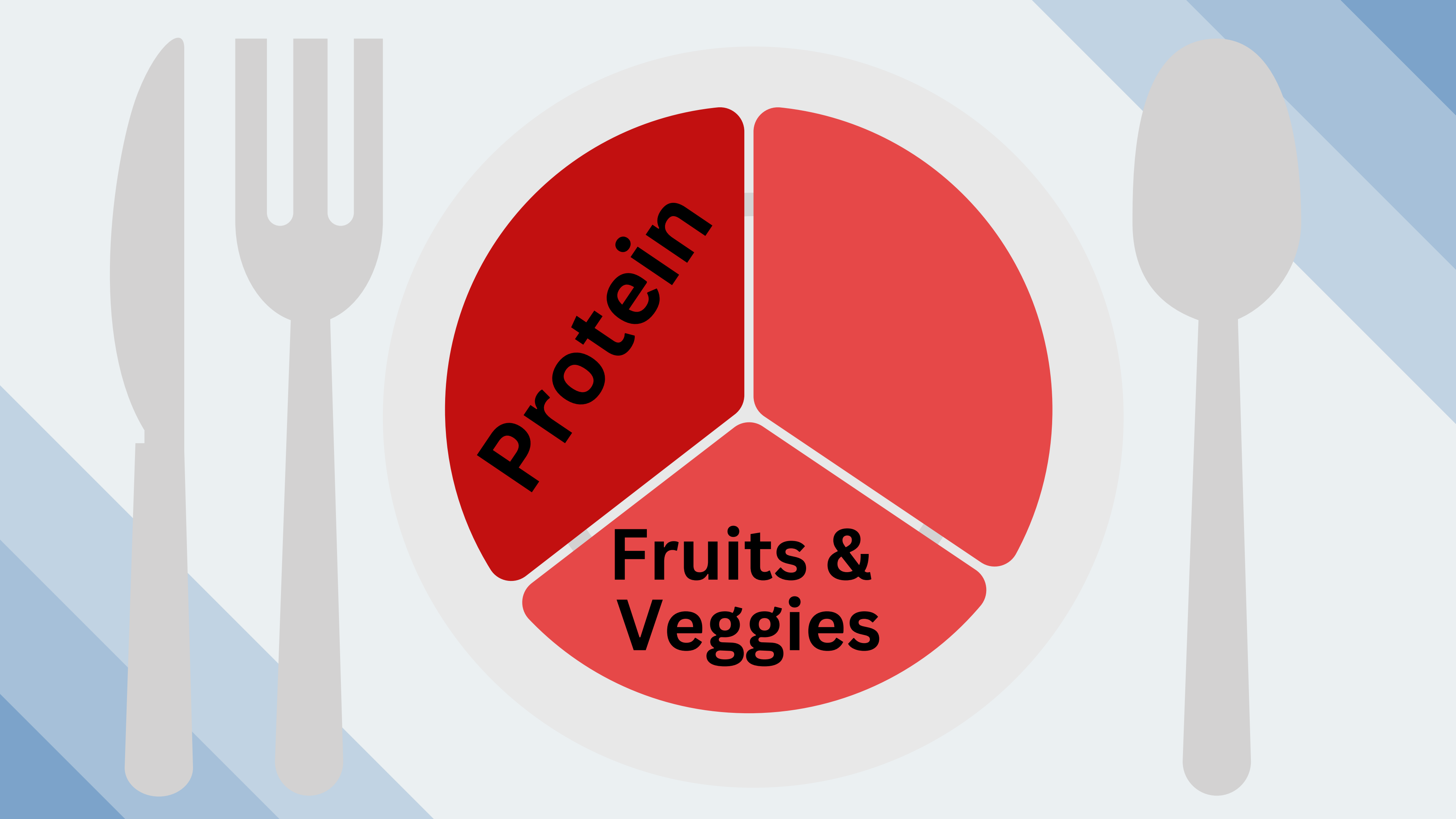


Skin, Hair, Nail & Hormone
Foundation

TOP PROTEIN SOURCES



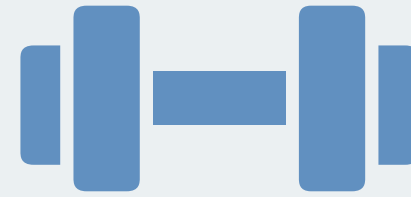
Chicken Breast
Turkey Breast
Lean Beef
Bison
Venison
Pork Tenderloin
White Fish
Shellfish
Egg Whites
0% Fat Cottage Cheese
0% Fat Greek Yogurt
Tuna
Protein Powder



Protein

**Fruits &
Veggies**

HOW DO FRUITS & VEGGIES HELP YOU?



Micronutrients for Health & Performance



Food Density & Hunger Control



Immune Health

EASY TO PACK FRUITS



Strawberries

Raspberries

Blueberries

Blackberries

Apples

Bananas

Oranges

Melons

Grapes

Kiwi

Pineapple

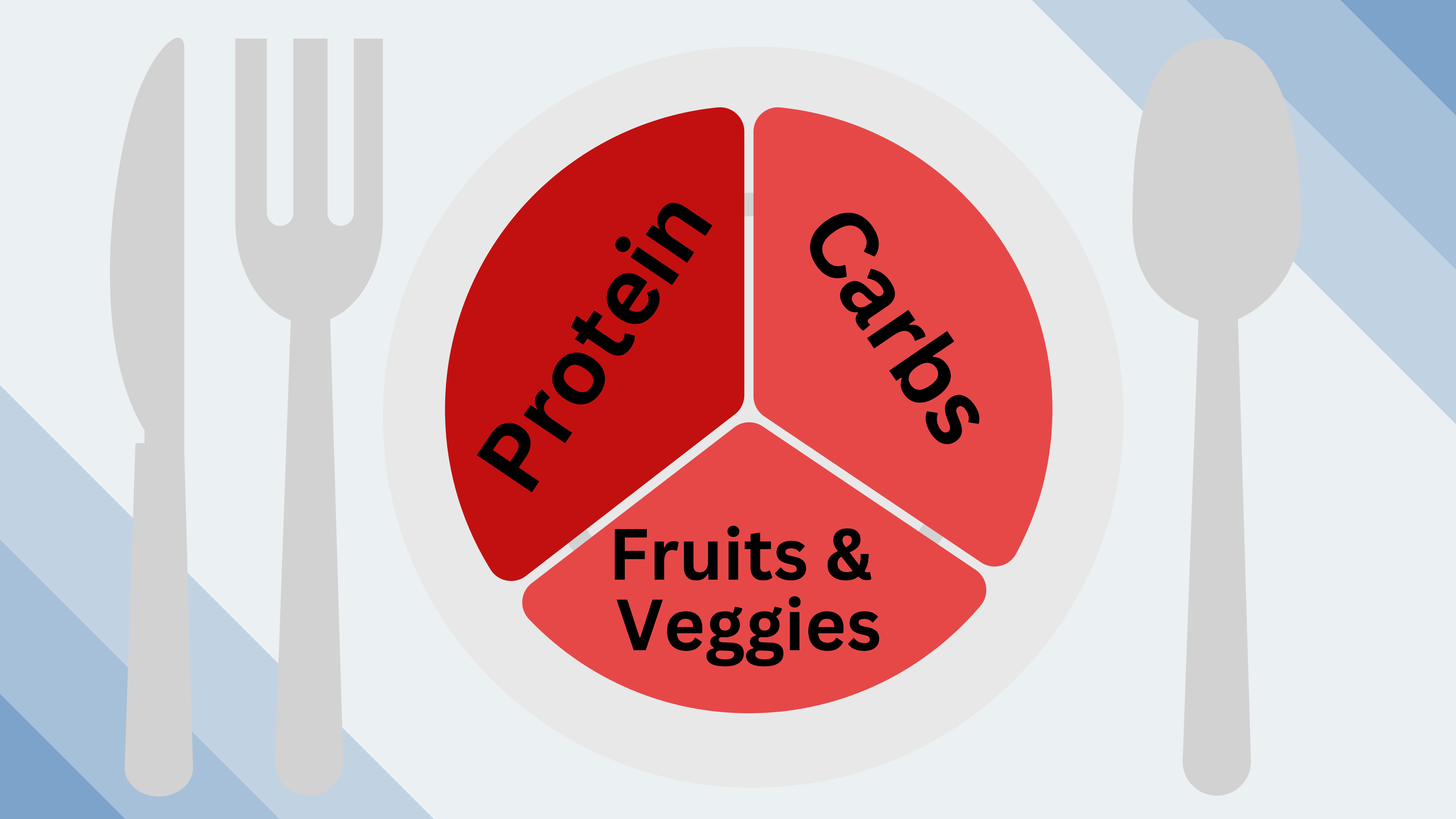
Peaches

Grapefruit

FAN FAVORITE VEGETABLES



Spinach
Lettuce
Bell Peppers
Broccoli
Asparagus
Carrots
Tomatoes
Green Beans
Cucumbers
Celery
Zucchini

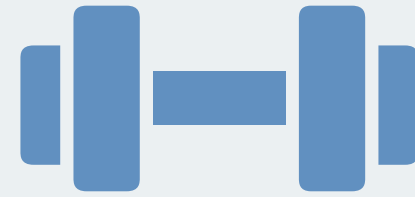


Protein

Carbs

**Fruits &
Veggies**

HOW DO CARBS FUEL PERFORMANCE?



Primary Energy Source for Sport

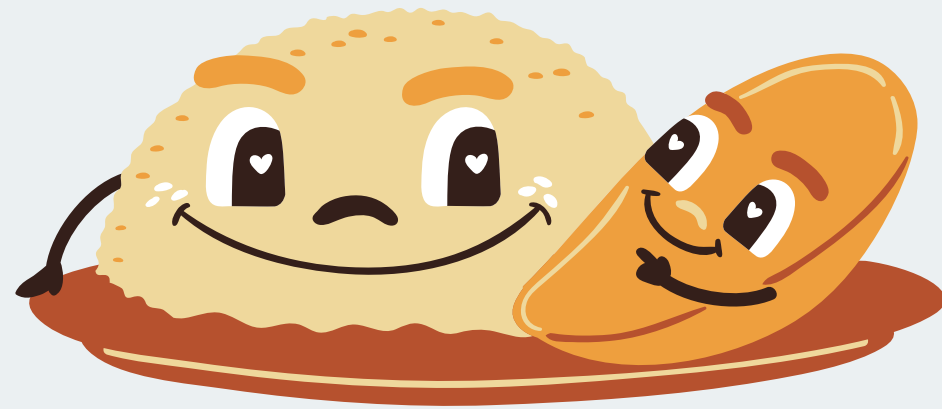


Add Fun, Flavor & Excitement



An Excellent Source of Fiber

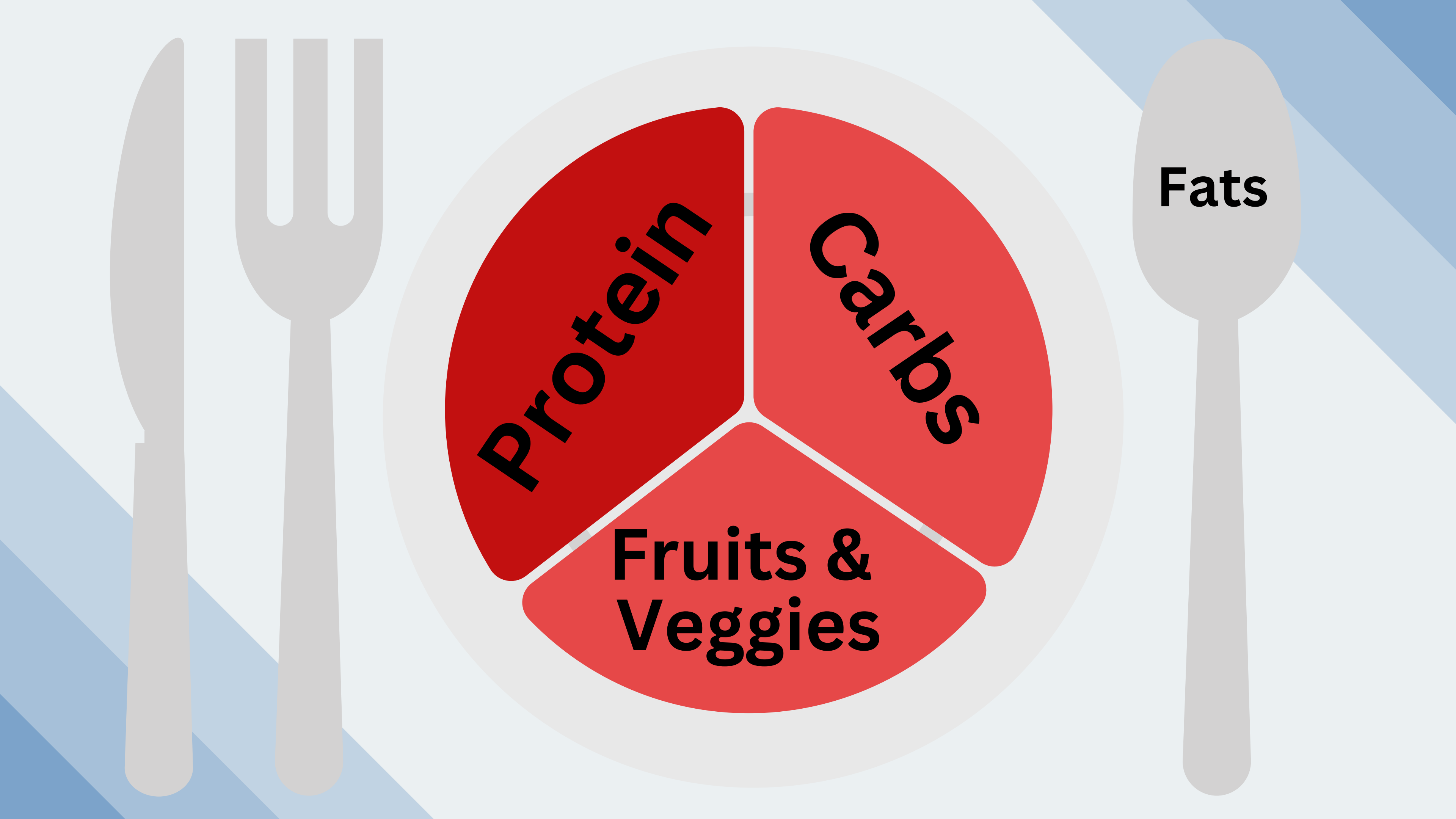
TOP CARB SOURCES



Rice (All Varieties)
Whole Grains
Potatoes (All Varieties)
Beans (All Varieties)
Squash
Lentils
Oatmeal
Whole Wheat Pasta
Rice Cakes
Quinoa
Legumes

Why Do Carbs Get a Bad Rap?





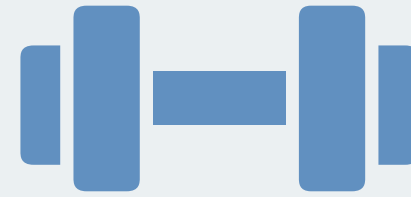
Protein

Carbs

**Fruits &
Veggies**

Fats

WHY DO WE NEED FATS?



Resting or Slow Energy Source



Basic Function & Protection



Hormonal Foundation

TOP FAT SOURCES

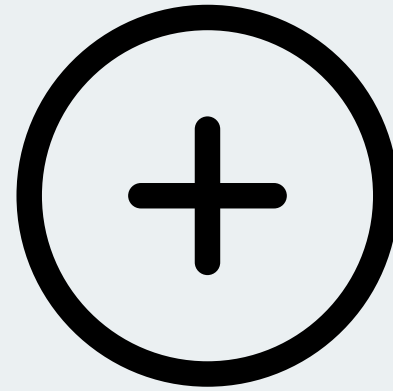


Avocado
Peanuts
Almonds
Seeds (Not Dill Pickle 😊)
Nut & Seed Butters
Oils (Olive & Canola)
Hummus
Egg Yolks
Cheese



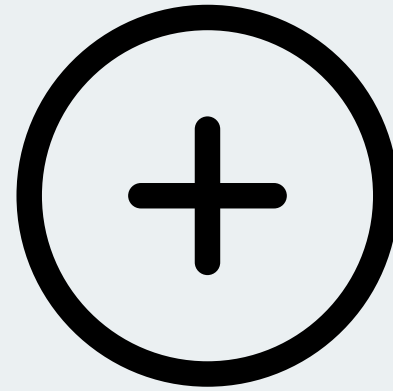
Understanding Portion Sizes

FOOD SCALE

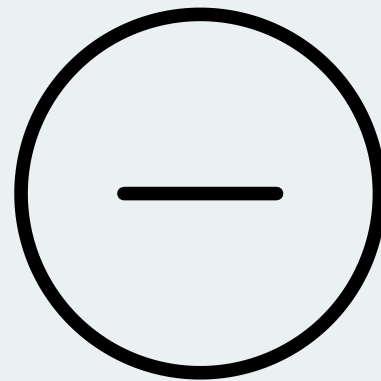


PRO: IT'S THE MOST
ACCURATE WAY TO
MEASURE FOOD

FOOD SCALE

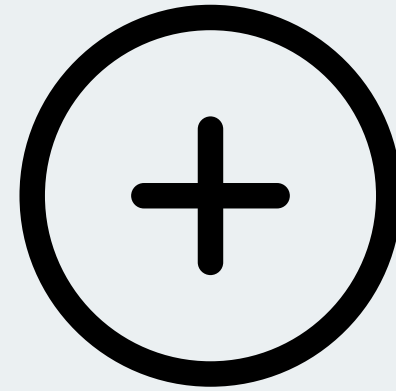


PRO: IT'S THE MOST
ACCURATE WAY TO
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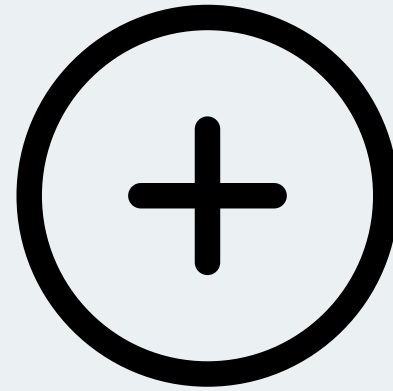
CON: IT 'S A LOT OF WORK

MEASURING CUPS

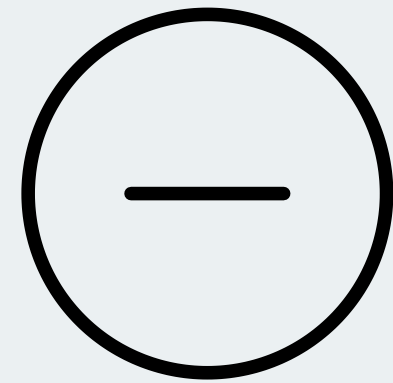


PRO: EASY ACCESS & USE

MEASURING CUPS



PRO: EASY ACCESS & USE

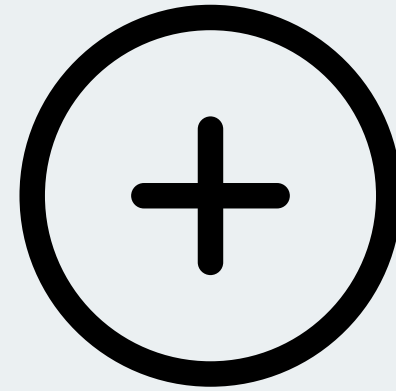


CON: YOU CAN DIRTY A
LOT OF DISHES

**What If There Was a
Simpler Way?**

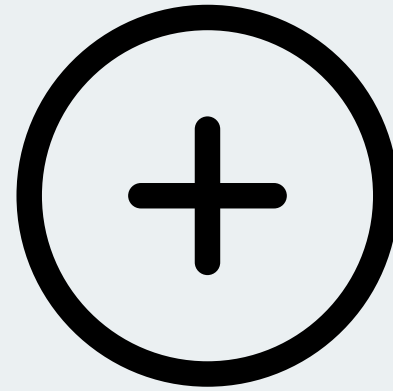


HANDFUL METHOD

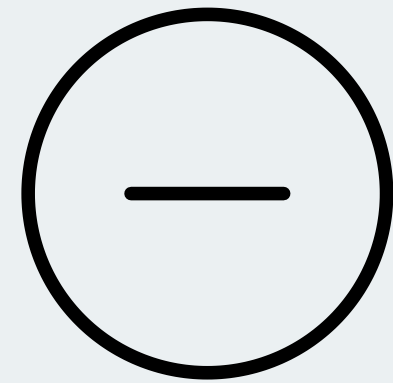


PRO: ALWAYS WITH YOU

HANDFUL METHOD



PRO: ALWAYS WITH YOU



CON: THE LEAST ACCURATE

HANDFUL METHOD

PROTEIN:
1 PALM



Protein Portion Sizes

ANIMAL PROTEINS

1/2 to 2/3 Cups

Palm-Sized

iPhone Sized

DAIRY

1/2 to 3/4 Cups

Tennis-Ball Sized

EGGS

2 to 3 Eggs

2 to 3 Golf Balls

SUPPLEMENTS

1 Scoop

Recommended Portion Size

HANDFUL METHOD

**FRUITS &
VEGGIES:**
1-2
FIST FULLS



Fruit & Veggie Portion Sizes

BERRIES

1-2 Cups

2 Cupped Handfuls

1-2 Tennis Ball Sized

LEAFY GREENS

1-2 Cups

2 Cupped Handfuls

2 Softball Sized

APPLES & BANANAS

1 Piece

MAX Softball Size

CRUNCHY VEGGIES

1/2 to 1 Cup

1 Cupped Handful

1 Softball Size

HANDFUL METHOD

CARBS:
**1 CUPPED
HANDFULS**



Carb Portion Sizes

RICES & PASTAS

1/2 to 1 Cup
1 Cupped Handful
1 Tennis Ball Sized

BREADS

1-2 Pieces

POTATOES

1 Cup
1 Cupped Handful
1 Full Potato

OATMEAL

1/2 to 1 Cup
1 Cupped Handful
1 Packet

HANDFUL METHOD

FATS:
1 THUMB
SIZE



Fat Portion Sizes

NUTS & SEEDS

1-2 Tablespoons

1 Thumb Sized

1-2 Pop Socket Sized

EGG YOLKS

2 Eggs

CHEESE, OILS & HUMMUS

1-2 Tablespoons

1 Thumb Sized

1 Pop Socket Sized


SURVEY RESULTS

- CURRENT & FORMER
MN A'S PLAYERS
- CURRENT COLLEGE
PLAYERS
- HIGH SCHOOL &
COLLEGE COACHES



A woman in athletic wear is sitting on a yoga mat in a gym, performing a stretch. The background is a blurred gym environment with a grid-patterned wall. A large blue rectangular box is overlaid on the image, containing white text.

**BREAKFAST IS YOUR
MOST IMPORTANT
MEAL!**

A woman in athletic wear is sitting on a yoga mat in a gym, performing a stretch. The background is a blurred gym environment with a grid-patterned wall. A large blue rectangular box is overlaid on the image, containing white text.

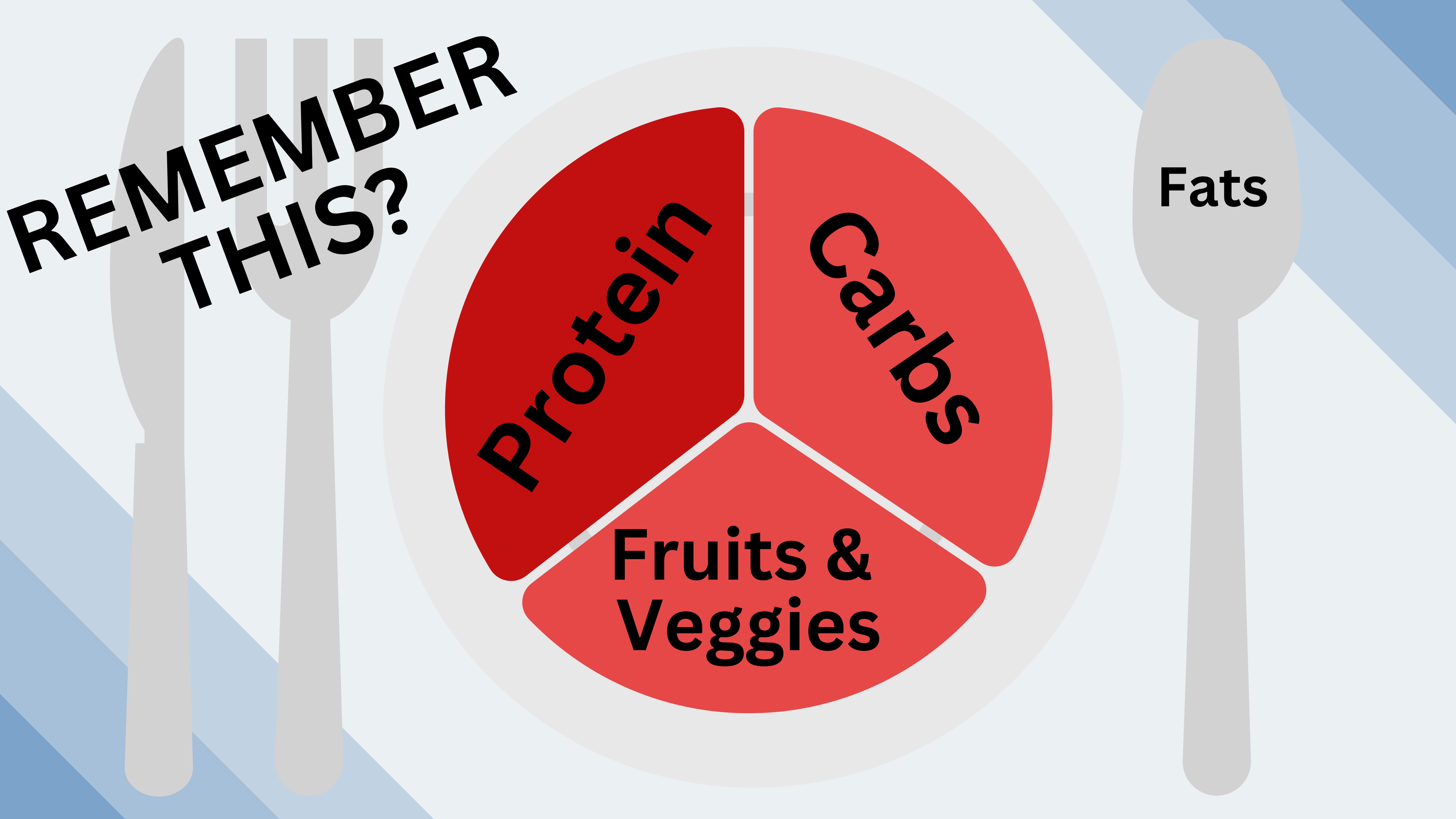
**BUT HOW CAN YOU
BUILD A BETTER
BREAKFAST?**

A woman in athletic wear is sitting on a yoga mat in a modern, brightly lit room with large windows. The image is overlaid with a large blue rectangle containing the text "LET'S BUILD IT!".

LET'S BUILD IT!



TOGETHER!



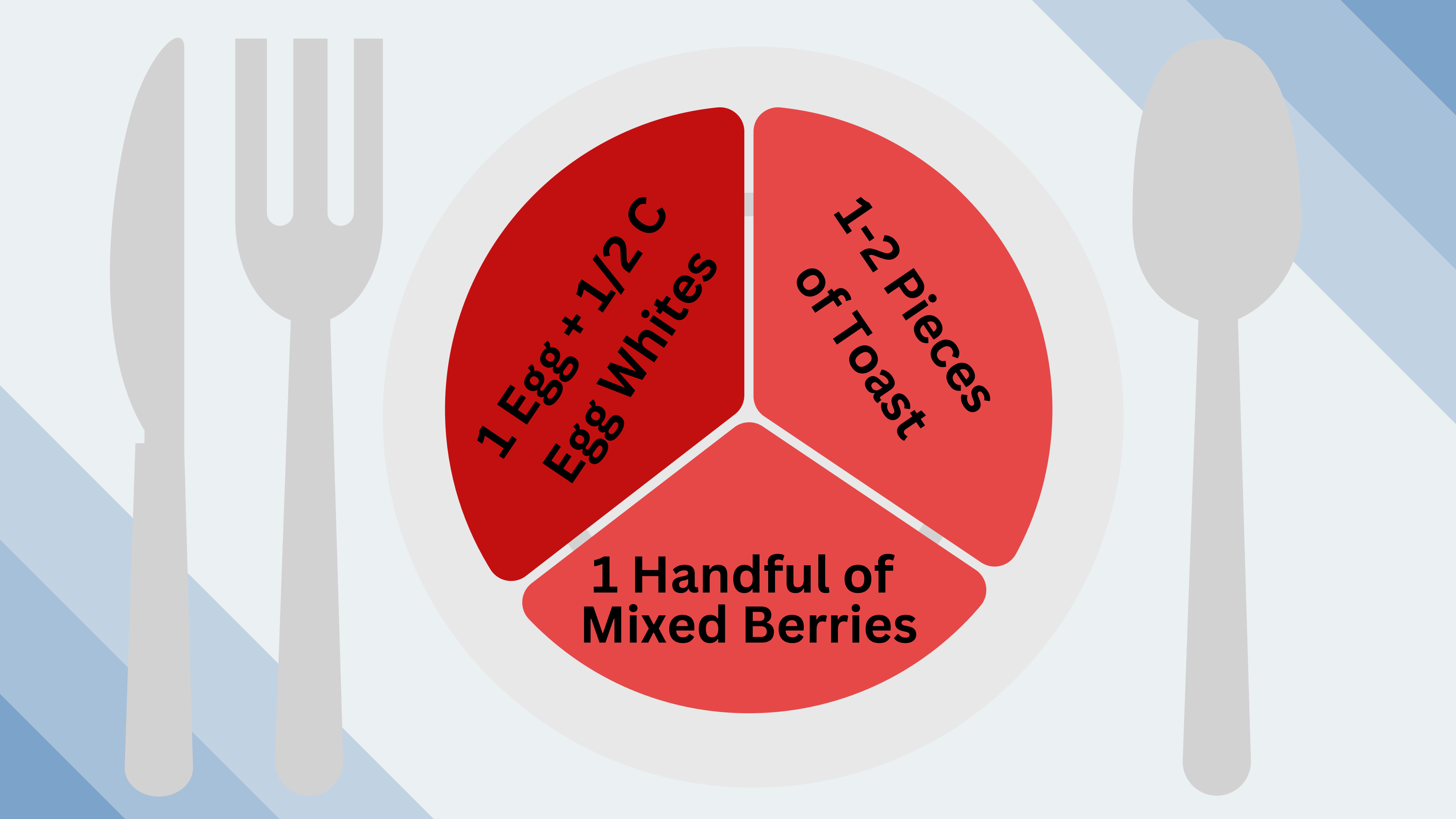
**REMEMBER
THIS?**

Protein

Carbs

**Fruits &
Veggies**

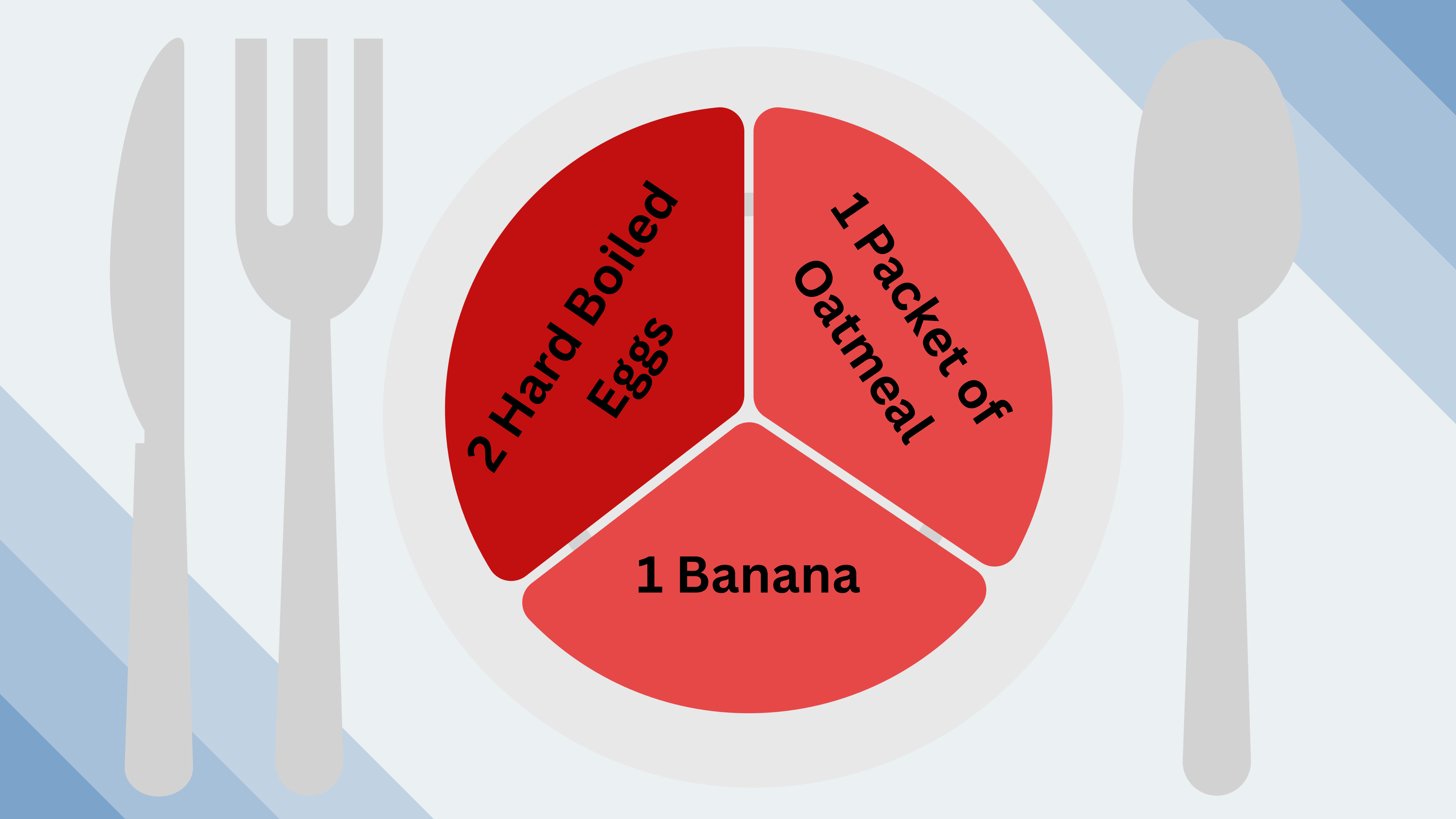
Fats



**1 Egg + 1/2 C
Egg Whites**

**1-2 Pieces
Of Toast**

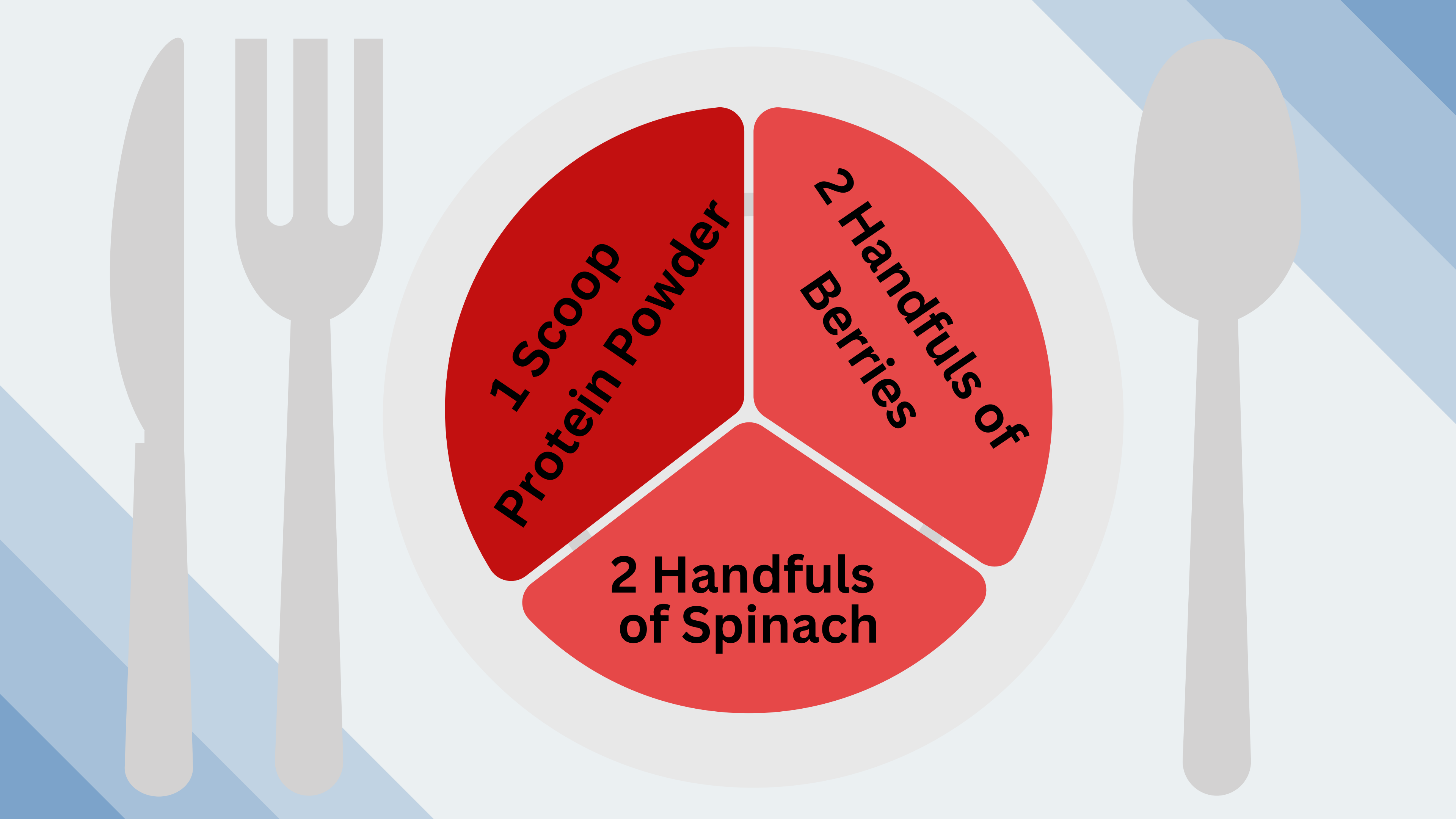
**1 Handful of
Mixed Berries**



**2 Hard Boiled
Eggs**

**1 Packet of
Oatmeal**

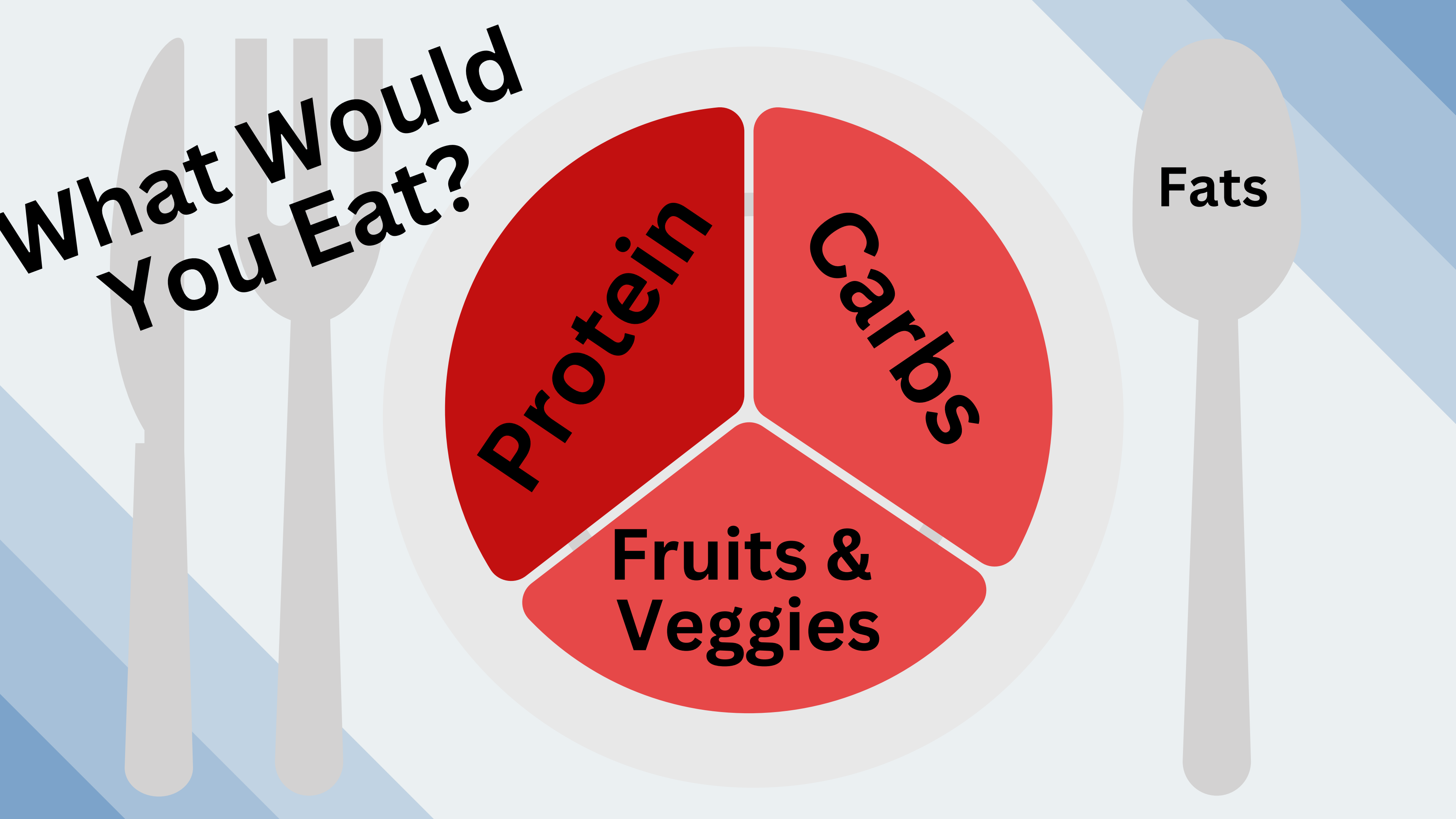
1 Banana



**1 Scoop
Protein powder**

**2 Handfuls of
Berries**

**2 Handfuls
of Spinach**



**What Would
You Eat?**

Protein


Carbs

**Fruits &
Veggies**

Fats

A woman is shown in a yoga pose, specifically a seated twist, on a dark mat. She is wearing a dark-colored tank top and leggings. The background is a light-colored wall with a grid-like pattern. The image is overlaid with a large blue rectangle containing white text. The text is centered and reads: "WHAT'S ONE THING THAT'S USUALLY MISSING??"

**WHAT'S ONE THING
THAT'S USUALLY
MISSING??**



PROTEIN!

A woman in athletic wear is sitting on a yoga mat in a gym, with her legs crossed and hands resting on her knees. The background is a blurred gym setting with a grid pattern on the wall. A large blue rectangular box is overlaid on the image, containing white text.

**THERE'S ONLY 2 WAYS TO
EAT MORE PROTEIN...**



EAT MORE PROTEIN

Increase your portion sizes to take more than a few bites or nibbles :)



EAT IT MORE OFTEN

Eat protein at every meal and squeeze it in at snacks if possible!

SURVEY RESULTS

- CURRENT & FORMER
MN A'S PLAYERS
- CURRENT COLLEGE
PLAYERS
- HIGH SCHOOL &
COLLEGE COACHES

EAT ENOUGH

EAT MORE PROTEIN

DRINK MORE
WATER



THIRST SIGNALS

HOW DO YOU KNOW
YOU'RE THIRSTY?

DRY SKIN & EYES
FEELING SLUGGISH & SLOW
HEADACHES
NAUSEA
DIZZINESS

SOURCES OF HYDRATION

#1 WATER

#2 FRUITS & VEGGIES

#3 ELECTROLYTE ADDITIVES

HOW TO HYDRATE

DAILY RECOMMENDATIONS

85-90 Oz. of Water

PRE-GAME

8 Oz. 30 Minutes Before

INTRA-GAME

Take a Drink Every Inning (~5-10 Minutes)

POST-GAME

8-10 Oz. 30 Minutes After

SO NOW WHAT!?

IT'S TIME TO BUILD YOUR BEST PLATE!

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