Food Pyramid for Athletes

For athletes exercising ≥ 5 hours per week

Based on the Food Pyramid for healthy adults of the Swiss Society for Nutrition

**Sweets, salty snacks and sweetened drinks**

- Consume sweets, salty snacks and sweetened drinks (e.g., soft drinks, ice cream, energy drinks) in moderation. When consuming alcoholic beverages, do so in moderation and as part of a meal. Use salt with additional sodium and fluoride, and in limited quantities only.

**Oils, fats, and nuts**

- Use one serving (10-15 g) of 1-2 tsp. of plant-based oil (e.g., olive oil) and 1-2 egg yolks or 1 tbsp of vegetable or fish oil) per day in a healthy diet. For athletes performing sports (≥ 1 h) a daily serving of nuts (20-35 g) is also recommended.

**Milk, dairy products, meat, fish, and eggs**

- Each day, alternate between 1 serving of meat, fish, or seafood of high-quality protein such as chicken, 1 serving of fish (e.g., salmon), 1 serving of plant-based protein such as tofu or tempeh, 1 serving of nuts (≥ 1 h), 1 serving of low-fat dairy products (e.g., milk, yogurt, cheese) or soy products.

**Whole grain products and legumes**

- Each day, eat 1 serving of whole grain products (e.g., bread, pasta, rice, cornmeal) and 1 serving of legumes (e.g., beans, lentils, chickpeas).

**Vegetables and Fruit**

- Each day, eat 1 serving of vegetables and fruit (at least 1 serving should be raw). Eat 2 servings of whole grain products (e.g., bread, pasta, rice, cornmeal) and 1 serving of legumes (e.g., beans, lentils, chickpeas).

**Beverages**

- Drink 1-2 liters of fluid a day, preferably water (e.g., tap water, mineral water or fruit juice). Caffeinated beverages (coffee, black tea, and cola) should be consumed in moderation only.

**Servings from the basic pyramid**

- For each additional hour of exercise, add 1 serving to the athlete's basic pyramid.

**Sport**

- The same applies to the athlete. However, it should be considered that alcoholic beverages or low-calorie drinks may delay recovery after exercise.

The Food Pyramid for Athletes is based on the Food Pyramid designed and developed by the Swiss Society for Nutrition (Schweizerische Gesellschaft für Ernährung) for healthy adults, which will be referred to as the Basic Food Pyramid. This Basic Food Pyramid has been expanded to cover the energy and nutrient needs for daily exercise typically performed by athletes and active individuals.

Serving size selection: From the serving size range given in the pyramid, small athletes of about 50 kg body mass should choose the smallest serving size, whereas the largest serving size applies to athletes weighing about 85 kg. Intermediate serving sizes apply to athletes of corresponding intermediate body mass (e.g., medium serving size for 67.5 kg).