

PROTEINS

Proteins are complex molecules made up of smaller amino acids and are used to build or maintain structure within the body. For the purpose of fitness, protein is the driver behind muscle growth!

EVEN IF YOU'RE NOT TRYING TO GAIN MUSCLE, PROTEIN IS IMPORTANT FOR PROPER BODY FUNCTION

1 GRAM = 4 CALORIES

MEAT

- Turkey (breast or ground)
- Chicken Breast
- Chicken Thighs
- Pork Tenderloin
- Pork Chops
- Bacon
- Ground Beef
- Roast Beef
- Flank Steak
- Ham
- Sliced Deli Meat
- Salami
- Sausage
- Beef Jerky/Beef Sticks

Look for meat with no added hormones or preservatives!

SEAFOOD

- Halibut
- Sardines
- Shrimp
- Albacore Tuna
- Mahi-Mahi
- Salmon
- Cod
- Tilapia

FRUITS & VEGETABLES

- Broccoli
- Asparagus
- Sweet Corn
- Cauliflower
- Apricots
- Tangerines
- Coconut
- Banana
- Avocados
- Guavas

SEEDS & NUTS

- Peanut butter (or almond butter)
- Pistachios
- Quinoa
- Almonds
- Walnuts
- Pumpkin Seeds
- Pecans
- Hemp Seeds
- Cashews
- Chia Seeds

DAIRY & EGGS

- Cheese
- Cottage cheese
- Eggs & Egg Whites
- Tofu
- Greek Yogurt
- Soy Milk

GRAINS & LEGUMES

- Soybeans
- Lentils
- Kidney Beans
- Wheat Germ
- Oats
- Barley
- Chickpeas
- Green Peas
- Brussel Sprouts
- Black Beans

Sources:

1. <https://www.healthline.com/nutrition/high-protein-foods>

2. <https://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/protein/>

CARBOHYDRATES

Carbohydrates (aka carbs) are the main source of energy for the cells in your body. Sugars, starches, and fiber are the three types of carbohydrates, which your body will break down for energy use.

1 GRAM = 4 CALORIES

“There's an automatic negative perception around carbs, just as there is an automatic positive association with protein,” says Rachael Hartley, R.D., registered dietitian and author of Gentle Nutrition. “Because of this perception, many people think that eating healthy means limiting carbohydrates, when in reality, carbs are the body's preferred source of fuel, and a valuable source of vitamins, minerals, and fiber.”

FRUITS

- Apples
- Applesauce (no added sugar)
- Bananas
- Grapes
- Pineapples
- Kiwis
- Mangos
- Oranges
- Raisins
- Dates
- Raspberries
- Blackberries
- Strawberries
- Watermelon
- Cantaloupe
- Honey Dew
- Dried Fruit (mangos, apples, etc. Look for "No sugar added" items.)

VEGETABLES

- Peas & Snap Peas
- Broccoli
- Carrots
- Cauliflower
- Sweet Potato
- Potatoes
- Tomatoes
- Corn
- Onion
- Green Beans
- Brussel Sprouts
- Squash
- Pumpkin
- Peppers

YOGURT

- Almond Yogurt
 - Coconut Yogurt
 - Greek Yogurt (also high in protein)
- Be mindful of yogurts that are high in sugar!*

GRAINS & LEGUMES

- Bread
- Rice (brown or white)
- Pasta
- Chickpeas
- Quinoa
- Oats
- Kidney Beans
- Black Beans

Sources:

1. <https://www.healthline.com/nutrition/12-healthy-high-carb-foods#How-to-peel-apples>
2. <https://www.goodhousekeeping.com/health/diet-nutrition/g26860631/healthy-carbs/>
3. <https://www.hsph.harvard.edu/nutritionsource/carbohydrates/#:~:text=The%20healthiest%20sources%20of%20carbohydrates,a%20host%20of%20important%20hytonutrients.>

FATS

Fats (aka fatty acids or lipids) are used by the body to help absorb vitamins, keep your skin healthy, and are good for heart health.

Most fats we need are made by our body, but the essential fats that are not include Omega-3 and Omega-6.

"GOOD" FATS

Fats are commonly seen as "bad" nutrients, but there are fats that are necessary for the body. These "Good Fats" include Monounsaturated and polyunsaturated fats, which have been linked to helping reduce your risk for heart disease and stroke. Foods high in these fats include oils, nuts, seeds, and fish (more examples below).

"BAD" FATS

Trans fats (aka trans fatty acids) are often found in processed foods. These fats have been known to contribute to lowering positive cholesterol while also raising bad cholesterol. Trans fats are found in fried foods, some baked goods (like cakes, pie crusts, frozen pizzas, etc.), and heavily processed & pre-packaged foods. Read the Nutrition Facts panel and look for foods with a high **Trans Fat** number or with **partially hydrogenated oils** listed in the ingredients.

1 GRAM = 9 CALORIES

SEEDS & NUTS

- Peanuts & peanut butter
- Almonds & almond butter
- Macadamia Nuts
- Pistachios
- Sunflower seeds
- Pumpkin Seeds
- Walnuts
- Cashews
- Pecans
- Flax Seeds
- Chia Seeds

FRUITS & VEGETABLES

- Avocados (one of the best)
- Black Olives
- Edamame
- Hemp Hearts

DAIRY & EGGS

- Eggs (not egg whites, all the fats are in the yolk)
- Almond Yogurt
- Coconut Yogurt
- High-fat Yogurt (check the label)

OILS & SPREADS

- Mayonnaise
- Extra Virgin Olive Oil
- Canola Oil
- Avocado Oil

MEATS

- Salmon
- Cod
- Tuna
- Pork
- Duck
- Grass-Fed Beef

Sources:

1. <https://www.dropanbomb.com/blogs/articles-resources/foods-with-healthy-fats>
2. <https://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/fats-and-cholesterol/#:~:text=Foods%20high%20in%20good%20fats,nuts%2C%20seeds%2C%20and%20fish.>
3. <https://www.self.com/story/9-high-fat-foods-actually-good-for-you>