





#### **CARBOHYDRATES**

Carbohydrates are the sugars, starches and fibers found in fruits, grains, vegetables and milk products.

- Breads
- Vegetables
- Rice
- Squash
- Couscous
- Pumpkin
- Cereals
- Pancakes
- Bran
- Fruits
- Potatoes
- Sugar
- Pasta
- Wheat / Grains
- Oats
- English Muffins
- Corn
- Cream of Wheat
- Berries

### CARBS-PROTEIN

Carbohydrates provide fuel for the central nervous system and energy for working muscles.

- Beans
- Grains
- Most yogurt
- Skim Milk
- Quinoa
- Peas

#### **PROTEINS**

Protein is commonly found in animal products, though is also present in other sources, such as nuts and legumes.

- Whey Protein
- Chicken
- Turkey Bacon
- Turkey
- Lean Beef
- Fish
- Greek Yogurt Low/Non-fat
- Bison Buffalo •
- Cottage Cheese Low/Non-fat
- Egg White



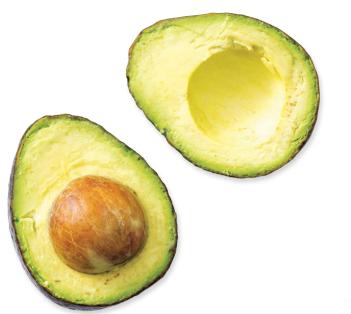
## PROTEIN-FATS

Protein is an important building block of bones, muscles, cartilage, skin, and blood.

- Cottage Cheese
- Egg
- Whole Fat Milk
- Whole Fat Yogurt
- Bacon

Duck

Chia Seeds



# FATS

Fat is naturally found in some foods, such as most vegetable oils, nuts, avocados, and fatty fish.

- Flaxseed
- Nuts
- o Fee Valle
- Olives

Oil

Egg Yolks

**Nut Butter** 

Avocado

