





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**

Cream of Wheat

- Corn
- **Berries**

CARBS-PROTEIN

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

- Beans
- Grains
- Most yogurt

Peas

- Skim Milk
- Quinoa

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

Bison

- **Greek Yogurt** Low/Non-fat
- **Buffalo**
- **Cottage Cheese** Low/Non-fat
- **Egg White**

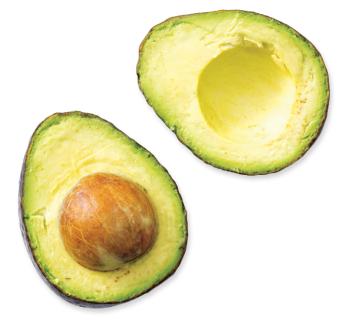


PROTEIN-FATS

cartilage, skin, and blood.

- **Cottage Cheese**
- Egg
- Whole Fat Yogurt

Duck



FATS

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

- Flaxseed
- **Nuts**
- Egg Yolks
- Olives

Oil

- **Nut Butter**
- Avocado

