





#### **CARBOHYDRATES**

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

- **Breads**
- Vegetables
- Rice
- Squash
- Couscous
- **Pumpkin**
- Cereals

Bran

**Pancakes** 

**Fruits** 

- **Potatoes**
- Sugar
- **Pasta**
- Wheat / Grains
- Oats
- **English Muffins**
- **Cream of Wheat**
- Berries

Corn

### **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

Cottagew/Non-

Cheese





# **PROTEIN-FATS**

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

**Cottage Cheese** 

Egg

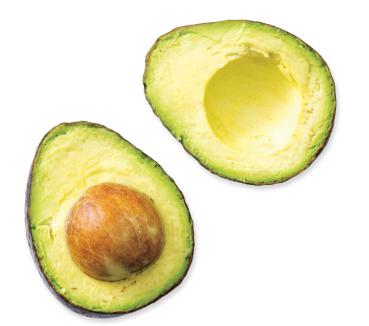
**Whole Fat Milk** 

**Chia Seeds** 

**Whole Fat Yogurt** 

Bacon

Duck



## **FATS**

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

- **Flaxseed**
- **Nuts**

Oil

- **Egg Yolks**
- **Olives**
- **Nut Butter**
- **Avocado**

