

Food Sources Guide

In order to have a balanced diet, you will need to become familiar with what food sources that are rich in carbohydrates, proteins & fats to attain your performance goals.

Carbohydrates Are Good

Don't be misled by fad diets that make blanket statements on the dangers of carbohydrates. They provide the body with the fuel it needs for



physical activity and proper organ function, and they are an essential part of a healthy diet. But some kinds of carbohydrates are far better than others.

The best sources of carbohydrates -- whole grains, vegetables, fruits, and bean -- promote good health by delivering vitamins, minerals, fiber, and a host of important phytonutrients.

Quickly digested, refined carbohydrates from white bread, white rice, and other refined grains, pastries, sugar-loaded sodas/ sports drinks, and other highly processed foods may contribute to an increase in fat mass, interfere with fat loss, and promote diabetes and heart disease.

Low Fat Protein

Animal protein and vegetable protein probably have the same effects on health. It's the protein package that's likely to make a difference. A 6-



ounce broiled ribeye steak is an excellent source of protein—38 grams worth. But it also delivers 44 grams of fat, 16 of them saturated. That's almost three-fourths of the recommended daily intake based on a 2000 calorie allotment. The same amount of salmon gives you 34 grams of protein and 18 grams of fat, 4 of them saturated. A cup of cooked beans has 18 grams of protein but under 1 gram of fat.

So when choosing protein-rich foods, pay attention to what comes along with the protein. The best animal protein choices are fish and poultry. If you are partial to red meat, stick with the leanest cuts, choose moderate portion sizes, and make it only an occasional part of your diet.

The Good Fats

The total amount of fat you eat, whether high or low, isn't linked with disease. What matters is the type of fat you eat.



The "bad" fats, called saturated and trans fats, increase the risk for certain diseases. The "good" fats, called monounsaturated and polyunsaturated fats, lower disease risk. The key to a healthy diet is to substitute good fats for bad fats—and to avoid trans fats.

Although it is still important to limit the amount of cholesterol you eat, especially if you have diabetes, dietary cholesterol isn't the villain its portrayed. Cholesterol in the bloodstream is what's most important. And the most significant influence on blood cholesterol level is the mix of fats in your diet—not the amount of cholesterol you eat from food.

CARB QUICK TIPS

- 1. Start the day with whole grains.** Try a hot cereal, like oatmeal, or a cold cereal that lists a whole grain (e.g., Cheerios®) first on the ingredient list.
- 2. Use whole-grain bread for lunch or snacks.** Whole grains more natural and are rich in fiber, healthy fats, vitamins, minerals, plant enzymes, and hundreds of other phytochemicals that help prevent disease.
- 3. Bag the potatoes.** Instead, try brown rice, bulgur, wheat berries, whole-wheat pasta, or another whole grain with your meals.
- 4. Choose whole fruit instead of juice.** An orange has two times as much fiber and half as much sugar as a 12-ounce glass of orange juice.
- 5. Bring on the beans.** Beans are an excellent source of slowly digested carbohydrates as well as a great source of protein.

PROTEIN QUICK TIPS

- 1. Mix it up.** Most reasonable diets provide enough protein for healthy people. Eating a variety of foods will ensure that you get all of the amino acids you need.
- 2. Go low on saturated fat.** Beans, fish, and poultry provide plenty of protein without little saturated fat. Steer clear of fatty meats and use whole-milk dairy products sparingly.
- 3. Limit red meat and avoid processed meat.** Research suggests that people who eat an excessive amount of red meat have a higher risk of cancer. So make red meat like beef, pork, lamb, an occasional part of your diet. And skip the processed stuff like bacon, hot dogs, and deli meats. These meats get linked to higher cancer risk.
- 4. Balance carbs and protein.** Cutting back on highly processed carbohydrates and increasing protein makes you feel full longer, and stave off hunger pangs.

FAT QUICK TIPS

- 1. Use liquid plant oils for cooking and baking.** Olive, canola, and other plant-based oils are rich in heart-healthy unsaturated fats. Try dressing up a salad or vegetables with an oil-based vinaigrette.
- 2. Ditch the trans fat & butter.** In the supermarket, read the label to find foods that are trans-free and contain no partially hydrogenated oils. In restaurants, steer clear of fried foods.
- 3. Eat at least one good source of omega-3 fats each day.** Fatty fish, almonds, and canola oil all provide omega-3 fatty acids and are an essential part of a healthy heart.
- 4. Choose to eat lean on meat and milk.** Beef, pork, lamb, and dairy products are high in saturated fat. Choose low-fat dairy, and savor full-fat cheeses in small amounts; also, choose lean cuts of meat.