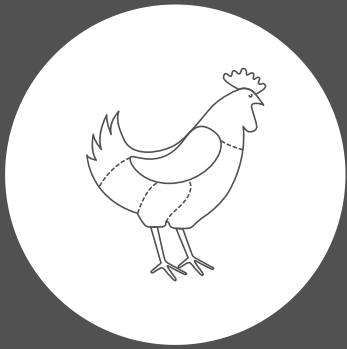


FOODS THAT MAKE YOU HEALTHIER

Delicious foods rich in nutrition

PROTEIN

Protein is necessary for growth and repair of skin, hair, tendons, ligaments, and muscles. It is also the most satiating (filling) nutrient which can help you avoid overconsumption of carbs.



ANIMAL PROTEIN SOURCES

Ruminants: Beef, buffalo/bison, elk, lamb, venison, moose, goat

Poultry: Chicken, duck, turkey, pheasant, ostrich, quail

Other: Pork, wild boar, rabbit

Seafood: Fish, scallops, clams, mussels, oysters, crab, shrimp, prawns, lobster

Eggs: usually from chickens

VEGETABLES

Eat a wide variety of vegetables daily. This ensures you get the most diverse amount of nutrients and get the maximum benefit at each meal.



TOP 21 VEGGIES TO KEEP IN ROTATION

- Asparagus
- Beets
- Bell peppers
- Bok Choy
- Broccoli
- Brussel Sprouts
- Cabbage
- Carrots
- Cauliflower
- Greens (beet, collard, turnip)
- Kale

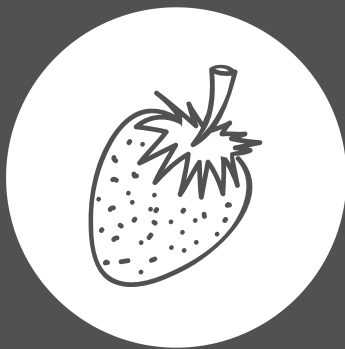
TOP 21 VEGGIES CON'T

- Lettuce (Bibb, Boston, Butter)
- Onions
- Turnips
- Spinach
- Sweet potato
- Swiss Chard
- Tomato
- Watercress
- Winter Squash
- Zucchini



FRUITS

A great nutrient dense source of carbohydrates, vitamins, minerals, phytonutrients, and fibre! Nutrient packed sweetness.



TOP 10 FRUITS

- Apples
- Blackberries
- Blueberries
- Cherries
- Grapefruit
- Kiwi
- Melons
- Plums
- Strawberries
- Raspberries

FATS

Fats are an excellent source of energy and are a vital building block for vital organs, cells and hormones.

There are four basic fats:

1. Monounsaturated
2. Polyunsaturated
3. Trans
4. Saturated



MONOUNSATURATED FATS

- Avocado
- Almonds
- Hazelnuts
- Pecans
- Pumpkin seeds
- Sesame seeds
- Olive Oil
- Peanut Oil
- Canola Oil
- Safflower Oil
- Sesame Oil



POLYUNSATURATED FATS

- Flaxseed Oil
- Safflower Oil
- Grapeseed Oil:
- Walnuts
- Pinenuts
- Flax Seeds
- Sunflower Seeds
- Salmon
- Herring
- Sardines
- Mackerel
- Trout



TRANS FATS

- Potato Chips
- Frozen Pizzas
- Canned frosting
- Some crackers
- Cookies
- Margarine
- Frozen pies
- Refridgerated dough products
- Vegetable shortening
- Some Microwave Popcorns
- Fried fast foods
- Bakery Products
- Non-dairy coffee creamers



SATURATED FATS

- Cheddar Cheese
- Ricotta Cheese
- Hard Goat Cheese
- Milk
- Butter
- Dried Coconut
- Whipped Cream
- Coconut Oil