**Sources of Protein**

|  |  |
| --- | --- |
| Best sources of Lean Protein | Good Sources of Lean Protein |
| * + Casein Protein   + Egg Whites   + Fish   + Lean Chicken   + Lean Turkey   + Shellfish   + Skim Milk, 1% Milk   + Whey Protein | * + Almonds   + Grass Fed Lean Beef   + Greek Yogurt   + Lean Ground Beef   + Lean Pork   + Low Fat Cheese   + Soy Beans |

**Sources of Short Chain Carbohydrates**

\*These are used by the body very quickly. Provide shorter sources of energy.

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| --- |
| Sources of Short Chain Carbohydrates |
| * + Dextrose   + Fructose   + Glactose   + Glucose   + High fructose corn syrup   + Refined sugars   + Sucrose |

**Sources of Long Chain Carbohydrates**

\*These are used by the body over a longer period. Provide longer periods of energy

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| Sources of Long Chain Carbohydrates |
| * + Brown Rice   + Multigrain breads   + Oats   + Whole Grains   + Whole Wheat Pasta |

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**Sources of Lipids (Fats)**

|  |  |  |
| --- | --- | --- |
| **Saturated**  (Limit These) | **Monounsaturated**  (Better) | **Polyunsaturated**  (Best) |
| * + Animal Fats   + Whole Fat Dairy | * + Avocados   + Almonds   + Peanuts   + Pecans   + Olive Oil | * + Canola Oils   + Fish Oils   + Flax Seeds   + Sunflower Oils   + Walnuts |