

FLAGLER



STRENGTH

Nutrition Made Simple

CARBOHYDRATES	PROTEINS	FATS
<u>Best Choices</u>	<u>Best Choices</u>	<u>Best Choices</u>
Breakfast	Breakfast	Breakfast, Lunch or Dinner
100% Whole Wheat or Whole Grain Bread or Bagel	Milk	Whole Eggs (including the egg yolk)
High Fiber Cereals (Special K, Cheerios, Raisin Bran)	Whole Eggs (Including the Egg Yolk)	Milk
Bananas, Apples, Berries, Pears, Plums	Cottage Cheese	All Nuts or Seeds (Chia Seeds, Sunflower, Almonds, Peanuts)
100% Fruit Juices	Low-Fat Cheese	Avocados or Guacamole
Oatmeal	Soy Milk	Coconut Oil, Extra Virgin Olive Oil, Canola Oil
Grits	Greek Yogurt	Fish (Salmon, Tilapia, Canned Light Tuna, Sardines, Trout)
Lunch & Dinner	Lunch & Dinner	<u>Worst Choices</u>
100% Whole Wheat Bread or Bagel	"All Natural" Peanut Butter	<i>(Saturated & Trans Fats)</i>
Ezekiel Bread	Quinoa	Cheese, Gravy, Alfredo Sauce
Barley	Beans (Pinto, Green, Black, Kidney, Lima)	Butter, Margarine, or Mayonnaise
Whole Grain Pasta	Grilled or Oven-Baked Chicken Breast	Beef and Pork
Brown Rice or Wild Rice	Fish, Tuna or Seafood	Fried Foods
100% Whole Wheat Tortilla	Lean Deli Meat (Chicken or Turkey)	Vegetable Oil
Sweet Potato	Turkey Burger	Fruits & Vegetables
Quinoa	85% (or greater) Lean Ground Beef/Turkey	Spinach, Kale, Collard Greens, Romaine Lettuce, Green Bean
Squash	Chick Peas or Lentils	Mushrooms, Green/Red/Yellow Peppers, Carrots, Onions
Peas	Edamame	Broccoli, Cauliflower, Asparagus, Cucumber, Tomatoes
Corn	Hummus or Tofu	Strawberries, Blackberries, Blueberries, Cranberries
<u>Worst Choices</u>	<u>Worst Choices</u>	Apple, Banana, Kiwi, Pineapple, Grapefruit, Orange, Grape
White Rice, White Pasta, White Bread/Bagel	Cheese or Queso Sauce	Salad Dressings
Tortillas, Pancakes, Waffles, Croissants	Ice Cream (including low-fat ice cream)	<u>Best Choices</u>
Fruit Juices from concentrate/not 100% juice	75% Lean Ground Beef	Any Fat-Free Dressing
Sodas (including zero or low calorie/low sugar)	Fried Chicken, Fried Fish, Fried Seafood	Balsamic Vinaigrette
Energy Drinks (Red Bull, Monster, Rockstar, etc)	Bacon, Sausage, Ham, Bologna	Extra Virgin Olive Oil
Alcohol (rapidly gets stored in the body as fat)	Salami or Pepperoni	<u>Worst Choices</u>
Sports Drinks (ONLY drink during & after exercise)	Hotdogs, Turkey Dogs, Hamburgers	Caesar, Ranch, Greek
		Thousand Island, Italian, Poppyseed