

FOOD GUIDE (+’s mean there are significant amounts of hidden fats)

ENERGIZERS



oats
granola (+ fat)
whole grain cereals

rice
pasta
quinoa
bread
corn
potatoes and sweet potatoes
baked potato wedges (+ fat)
legumes: lentils, chickpeas, beans

Often energizers in boxes have a lot of added sugar, salt or oil, check label ingredients! Too much of these ingredients can lower performance.

SUPERFOODS - eat more than one colour

Orange-red

carrots
tomato
turnip
squash
pumpkin
peppers
beet

Green – eat > 1 cup per day

broccoli
cabbage, brussels sprouts
bok choy
peas
asparagus
celery
string beans
zucchini
spinach
dark green lettuce, arugula, romaine



Multi-colour

eggplant
cauliflower
onion, leeks
cucumber
mushrooms

MUSCLE BUILDERS

almonds or peanuts (+++ fat)
pumpkin & squash seeds (+++ fat)
peanut butter (+++ fat)
legumes: lentils, chickpeas, beans

cheese, 33% m.f. 37% moisture (++) fat)
cheese, 16% m.f. 52% moisture (+ fat)
cottage cheese
eggs, large (+ fat)
egg whites
tofu, firm or extra-firm
whey protein isolate, unflavored



canned tuna, in water
chicken or turkey, white, no skin
white fish
fatty fish, salmon, sardines, mackerel
ground beef, extra lean or lean (+ fat)
beef, sirloin, round, loin (+ fat)

ENERGIZER BONE BUILDERS



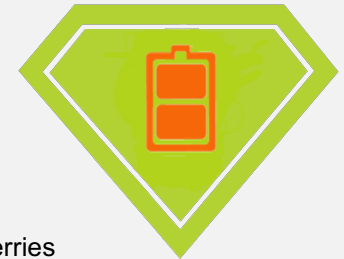
0% to 3% milk
skim milk powder
yogurt
greek yogourt
chocolate milk
soy milk

HOW TO USE THIS FOOD LIST

Choose the foods you like to eat from each category. Make meals from the **energizers + muscle builders + superfoods + immunity builders**. Make snacks from the meal categories or from **bone builders** and **energizer superfoods**. Keep **in play energizers** for times when you need the extra energy right before, during, or right after your sport.

ENERGIZER SUPERFOODS

apples, oranges, pears
mango
banana
grapefruit
grapes
berries
melons
pineapple
raisins
dried cranberries
dates
juice



ENERGIZERS FOR IN-PLAY

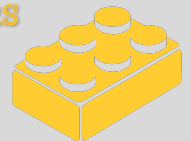
1 cup (250ml) sports drinks
1/2 cup (125ml) juice mixed with water

In play food option:
1 fruit superfood + water



IMMUNITY BUILDERS

avocado
hummus
margarine (trans-fat free)
mayonnaise
oils: canola, walnut, olive, flaxseed...
olives green or black
salad dressing made with oil
nuts: almonds, walnuts, peanuts
seeds: chia, hemp, flax



These fats promote heart health and should replace saturated fats in the diet. Saturated fats are found in creams, butter, bacon, cream cheese, cream dips, and all fatty animal products.