

WHAT THE CARB?

Carbohydrates are the primary fuel source for your brain, heart, nervous system, and muscles. But there are good ones and not-so-good ones.

Highly sugared cereal, white rice, white breads, white pasta—they all taste great, and they're all carbs. But so are smarter choices like oats, brown rice, quinoa, barley, fruits, vegetables, and kumara.

Whole-grain foods, fruits, and vegetables deliver a powerful one-two punch of nutrition and slow-digesting fibre. Together, they help keep your energy high and your appetite in check for hours. Here are a few examples.

Cruciferous Veggies



Root Veggies



Buckwheat



Brown Rice



Quinoa



Oats



Leafy Greens



Fruit (Berries are best)



WHAT THE FAT?

When it comes to diet, fats get a bad rap. Some of this is justified, because certain types of fat — and the fat-like substance cholesterol — may play a role in cardiovascular disease, diabetes, cancer, and obesity.

But not all fats are created equal. Some fats are better for you than others, and may even help to promote good health. Knowing the difference can help you determine which fats to avoid, and which to eat in moderation.

Oily Fish



Raw Nuts



Linseed



Olive Oil



Eggs



Coconut



Avocado



Chia Seeds



WHAT THE PROTEIN?

Simply put, protein is a macronutrient required for building muscle mass. Chemically, protein is composed of amino acids.

When protein is broken down in the body, it fuels the muscle mass and contributes to metabolism. It also enhances immunity.

Protein helps build muscle health. But are you taking enough of it? And what are the best high protein foods?

Be sure to get some protein in each meal.. It helps to keep you fuller for longer too!

Seafood



Lean Red Meats



Chicken



Pulses



Raw Nuts



Cultured Yoghurt



Eggs



Quinoa

