

PERFORMANCE

EXECUTIVE FITNESS

The No Worry Foods:

Leafy Greens and other Vegetables – Potatoes and corn don't really count. Everything else is fair game. The majority of vitamins, minerals and fiber come from these foods.

Fresh Fruits – Good for desserts due to sugar content. Along with vegetables, your main source of vitamins and minerals. A great addition to any meal, especially breakfast.

Poultry (Chicken/Turkey), Eggs, and Fish – Your main source of protein. The occasional piece of red meat won't hurt you, but the majority of your meat choices should come from this group.

Nuts (Almonds, Walnuts, Pecans) – A great snack and addition to salads or fruit (think apple slices or celery sticks with peanut butter).

Olive Oil – Use for all oil related purposes, except frying, which you shouldn't be doing anyway.

Beans (NOT refried) and **Legumes** (like peas) – A great source of complex carbohydrates and fiber, as well as protein. Beans can almost make up an entire meal by themselves (think chili). Peanuts (and Peanut Butter) are actually legumes, and nutritionally great foods!

Low Fat Dairy Products – Low fat is important due to the high saturated fat content of dairy. Skim or 1% is your best bet. If you are using dairy as source of calcium, shoot for 3 servings a day.

Whole Grains/Breads (Oatmeal, Quinoa, Whole Grain Bread) – Plain oatmeal is great because you can add anything you like to it. To determine real

whole grain bread, check the fiber content. Look for at least 3 grams per serving.