

## Protein, Fat and Carbohydrate Chart

### Protein Chart

<b>Food type</b>	Protein dense foods
<b>Food timing</b>	Eaten with each meal
<b>Food amount</b>	1 serving for women (size of palm)
<b>Examples</b>	<ul style="list-style-type: none"> <li>• Lean meats such as ground beef, chicken, turkey and venison</li> <li>• Fish such as salmon, tuna and cod</li> <li>• Eggs</li> <li>• Dairy such as cottage cheese, Greek yogurt, cheese etc.</li> <li>• Beans, peas, Legumes, tofu etc.</li> </ul> <p><b>Protein supplements</b></p> <ul style="list-style-type: none"> <li>• Milk-based: whey, casein, milk protein blends.</li> <li>• Plant based: Pea, hemp, rice and soy etc.</li> </ul>

### Fat Chart

FOOD TYPE	SATURATED FAT	MONOUNSATURATED FAT	POLYUNSATURATED FAT
<b>Food timing</b>	No specific timing <sup>1</sup>	No specific timing <sup>1</sup>	No specific timing <sup>1</sup>
<b>Food amount</b>	1/3 of intake	1/3 of intake	1/3 of intake
<b>Examples</b>	Animal fats (in eggs, dairy, meats, butter, cheeses, etc.) Coconut oil Palm oil	Macadamias, pecans, almonds, cashews, pistachios, tahini, pumpkin seeds, hazelnuts olives, olive oil, avocado	Fish oil, hemp seeds, algae oils, safflower oil, sunflower seeds, peanuts, canola oil, soy nuts, walnuts, flax seeds, flax oil, chia seeds, Brazil nuts

## Carbohydrate Chart

FOOD TYPE	EXERCISE RECOVERY DRINK	SIMPLE SUGARS AND HIGHLY PROCESSED STARCHES	WHOLE-FOOD, MINIMALLY PROCESSED STARCHY CARBOHYDRATES	FRUITS AND VEGETABLES
<b>FOOD TIMING For fat loss</b>	Make your own with electrolyte supplement	Minimize intake	Eat soon (within 1-2 hours) after exercise	Eaten with each meal (with emphasis on vegetables)
<b>Examples</b>	protein-rich recovery drinks	Sugary sports drinks Breakfast cereals Soda Fruit juice Table sugar Sugary desserts Ice cream Muffins Bagels Other carbohydrate-rich snacks	Bread (preferably whole grain) Pasta (preferably whole grain or flax) Rice (preferably whole grain, unprocessed) Potatoes Oats (preferably whole oats) Cereal grains (wheat, rye, etc.)	Spinach Carrots Tomatoes Broccoli Cauliflower Apples Oranges Avocados Berries

## Simple Carbohydrate Chart

CARB TYPE	EXAMPLES	WHEN TO EAT
Fibre-rich	Vegetables (e.g., broccoli, kale, spinach, carrots, tomatoes, celery, cucumber, courgettes, beets, choy, lettuce, radish, onion, chard, watercress, etc.) Peas Beans* Legumes* Most fruits*	Eat often, and any time of day (especially for veggies)
Whole foodstarchy	Sprouted or whole grain breads and Pastas Corn Sweet potatoes/pumpkin Quinoa Oats Long grain rice	During the 3 hours after exercise
Refined sugary	Puddings Fruit juice Processed foods Fizzy drinks Sports drinks Most commercial nutrition bars Dates, figs, raisins, dried fruits	Eat occasionally/rarely, and only during the 3 hours after exercise

\*Notes: These selections are more carb-dense. So, when including these in meals, be sure not to overeat