



## Recommended Protein sources

FOOD	AMOUNT	PROTEIN (g)	CARB (g)	FAT (g)
• Egg (white)	1 white	3.5	0	0
• Protein Powder (avg)	1 scoop	25	3	1
• Cod	3 oz.	18	0	1
• Halibut	3 oz.	21	0	2
• Turkey	3 oz.	21	0	3
• Chicken	3 oz.	21	0	3
• Buffalo	3 oz.	21	0	3
• Egg (whole)	1 egg	7	0	5
• Filet	3 oz.	21	0	9
• Sirloin	3 oz.	21	0	9
• Hamburger	3 oz.	21	0	9
• Salmon	3 oz.	21	0	12
• Lean Pork Loin	3 oz.	21	0	12

## Best Carbohydrate sources (70%+)

FOOD	AMOUNT	PROTEIN (g)	CARB (g)	FAT (g)	FIBER (g)
• Oatmeal	1 cup	6	57	2	8
• Brown Rice	1 cup (cooked)	4	45	1.5	3.5
• Sweet Potato	1 med potato	2	50	1	4
• Quinoa	1 cup (cooked)	8	40	6	5

## Better Carbohydrate sources (20%+)

- Whole Grain
- White/Red Potato
- White Rice / Jasmine Rice
- Ezekiel Bread
- Whole Grain Pasta

**Note** - Best results are achieved by choosing the highest quality carbohydrates as often as possible, at least 70% of the time.

## Good Carbohydrate sources (<10%)

- Low sugar cereal  
Cheerios (original), Shredded Wheat, Grape Nuts Kashi brand cereal (some versions)
- Whole Grain Crackers  
Low sodium, low sugar, Wheat Thins, Low sodium Triscuits
- Regular Pasta / Spaghetti
- Regular Bread / Biscuits / Bagels
- "Other options - Look for items that have low sodium, low sugar and more natural based ingredients."

\*Consuming fibrous vegetables is a great way to get your fiber. At the same time, this will aid in getting valuable micronutrients and will make you feel "full" or satiated for a longer period of time. For more information, review the videos, **Success Factor #4 - Eat 2.5 cups of vegetables each day** and **Success Factor #5 - Get your fiber.**

**Note** - These recommendations are Registered Dietitian suggestions for clients utilizing the LifeBase platform whose goal is to optimize healthy fat loss and muscle gain. Consult your personal nutrition coach for more information.



**90%** of Americans don't get enough fiber

95% of American adults and children do not consume recommended amounts of fiber.\* Research conducted by the International Food Information Council indicates that two thirds (67%) of consumers believe they meet their fiber needs, but only 5% actually do. The data suggests that consuming fiber with each and every meal, may aid in the acceleration of weight and fat loss and body composition change, among the many other health benefits of fiber.

\*US Department of Agriculture; Agricultural Research Service. What We Eat in America: Nutrient intakes from food by gender and age. National Health and Nutrition Examination Survey (NHANES) 2009-10

## Recommended Fiber sources\*\*

- Flax Seeds / Chia Seeds
- Oatmeal
- Whole Grain Breads
- Blackbeans
- Blackberries, Raspberries, Blueberries
- Vegetables
- Quinoa
- Avocados
- Peanuts, Pistachios
- Almonds, Cashews, Walnuts

## Recommended Fat sources\*\*

- Avocado
- Olive Oil
- Grapeseed Oil
- Coconut Oil
- Salmon
- Tuna
- Egg Yolks
- Flax / Chia Seeds
- Walnuts, Cashews, Almonds

## Vegetable recommendations\*\*

- Broccoli
- Peppers
- Spinach
- Cabbage
- Cauliflower
- Brussel Sprouts
- Cucumbers
- Asparagus
- Onions
- Celery
- Beets
- Carrots

# Serving Sizes

Weighing food with a scale is the best option to determine serving sizes. The second best option is to visually estimate. For example, a single 3-ounce serving of chicken, beef, or fish is roughly the size of your palm