

DEVELOP THE ATHLETE FOOD GUIDE
THE ATHLETE'S GUIDE TO BETTER EATING
The Power of Food

These foods will propel you toward your goals. They have been proven to do one or more of the following:

Build muscle

Strengthen bone

Lower blood pressure

Fight cancer

Fight heart disease

Improves immune function

1.) Almonds and Other Nuts

Eat them with skins intact.

Superpowers Building muscle, fighting food cravings

Secret weapons Protein, monounsaturated fats, vitamin E, folate (in peanuts), fiber, magnesium, and phosphorus

Fight against Obesity, heart disease, muscle loss, cancer

Sidekicks Pumpkin seeds, sunflower seeds, avocados

2.) Beans and Other Legumes

Including soybeans, chickpeas, pinto beans, navy beans, kidney beans, and lima beans.

Superpowers Building muscle, helping burn fat, regulating digestion

Secret weapons Fiber, protein, iron, folate

Fight against Obesity, colon cancer, heart disease, high blood pressure

Sidekicks Lentils, peas, bean dips, hummus, edamame

3.) Spinach and Other Green Vegetables

Superpowers Neutralizing free radicals (molecules that accelerate the aging process)

Secret weapons Vitamins A, C, and K; folate; beta-carotene; minerals including calcium and magnesium; fiber

Fight against Cancer, heart disease, stroke, obesity, and osteoporosis

Sidekicks Cruciferous vegetables like broccoli and Brussels sprouts; green, yellow, red, and orange vegetables such as asparagus, peppers, and yellow beans

4.) Dairy Products (Soy milk as an alternative, for those who are lactose intolerant)

Fat-free or low-fat milk, yogurt, cheese, and cottage cheese.

Superpowers Building strong bones, firing up weight loss

Secret weapons Calcium, vitamins A and B12, riboflavin, phosphorus, potassium

Fight against Osteoporosis, obesity, high blood pressure, cancer

Sidekicks Soy

Impostors Whole milk, frozen yogurt

5.) Oatmeal

Unsweetened, unflavored. But do add a little brown sugar or honey to flavor and all the fruit you want!

Superpowers Boosting energy, reducing cholesterol, maintaining blood-sugar levels

Secret weapons Complex carbohydrates and fiber

Fights against Heart disease, diabetes, colon cancer, obesity

Sidekicks High-fiber cereals like All-Bran and Fiber One

Impostors Sugary cereals

6.) Eggs

Superpowers Building muscle, burning fat

Secret weapons Protein, vitamins A and B12

Fight against Obesity

Sidekicks Egg Beaters, which have fewer calories than eggs and no fat, but just as much of the core nutrients

7.) Turkey and Other Lean Meats

Lean steak, chicken, fish.

Superpowers Building muscle, improving the immune system

Secret weapons Protein, iron, zinc, creatine (beef), omega-3 fatty acids (fish), vitamins B6 (chicken and fish) and B12, phosphorus, potassium

Fight against Obesity, mood disorders, memory loss, heart disease

Sidekicks Shellfish, Canadian bacon, omega-3 rich flaxseed

Impostors Sausage, bacon, cured meats, ham, fatty cuts of steak like T-bone and rib eye

8.) Peanut Butter (All-natural, sugar-free. The ingredient list should read as follows: Peanuts, (sea) salt. NOTHING ELSE)

Superpowers Boosting testosterone, building muscle, burning fat

Secret weapons Protein, monounsaturated fat, vitamin E, niacin, magnesium

Fights against Obesity, muscle loss, wrinkles, cardiovascular disease

Sidekicks Cashew and almond butters

Impostors Mass-produced sugary and trans fatty peanut butter

9.) Olive Oil

Superpowers Lowering cholesterol, boosting the immune system

Secret weapons Monounsaturated fat, vitamin E

Fights against Obesity, cancer, heart disease, high blood pressure

Sidekicks Canola oil, peanut oil, sesame oil

Impostors Other vegetable and hydrogenated vegetable oils, trans fatty acids, margarine

10.) Whole-Grain Breads and Cereals

Superpowers Preventing your body from storing fat

Secret weapons Fiber, protein, thiamin, riboflavin, niacin, vitamin E, calcium, magnesium, potassium, zinc

Fight against Obesity, cancer, high blood pressure, heart disease

Sidekicks Brown rice, whole-wheat pretzels, whole-wheat pastas

Impostors Processed products like white bread, bagels, and doughnuts; breads labeled wheat instead of whole wheat

11.) Raspberries and Other Berries

Superpowers Protecting your heart, enhancing eyesight, improving memory, preventing cravings

Secret weapons Antioxidants, fiber, vitamin C, tannins (cranberries)

Fight against Heart disease, cancer, obesity

Sidekicks Most other fruits, especially apples and grapefruit

Impostors Sugary jellies

12.) Water, Juice and other good Beverages

Superpowers Nearly 75% of your body is water, keep it running efficiently. Water, like oil in a car, keeps everything moving smoothly and operating at its highest capacity.

Fights against Fatigue. Times when you feel tired, you may just be dehydrated. Fends off sickness and much more.

Sidekicks All natural/Organic fruit juices with NO added sugar, syrup, etc...

Impostors Soda/Juices with High Fructose Corn Syrup or Syrup of any kind. Ingredients in juices should read one line only with nothing more than fruits added and possibly added vitamin enrichment.