

Food Choices for a Healthier Athlete

	AP All State	<small>LEXINGTON</small> HERALD-LEADER All City	<u>Scout Team</u>
Categories	Include as many of these foods into your diet.	Use these foods as an alternative.	Try to limit these foods from your diet.
Breads	Whole grian, Multi grain	Whole Wheat, Wheat	White, Sourdough, Croissant
Cereals/Bars	Kashi, Fiber One, Quaker(Simply Harvest)	Total, Chereos, Nature Valley, Oat Squars, Special K	Cartoon Cereal, Fruit Loops, Lucky Charms
Pasta/Rice	Whole grain	Whole Wheat	White
Fruits	watermelon, kiwi, papayas, avocado, apricots, bananas, dark berries	cantaloupe, melons, tangerines, grapes, oranges	Caned, frozen, jucied, or packaged
Vegetables	dark leafy greens,beats,cooked tomatos rich colored red, yellow, orange	all others	Caned, frozen, juiced, or packaged
Legumes	dark beans, peas, soy beans, sprouts	peanuts,pinto beans,lima beans	caned, frozen, or packaged
Nuts/Seeds	walnuts, almonds, cashews, pecans, brazil, macadamia	all others, true north	high salted caned or packaged
Dairy	European cheese or from grass-fed animals low-fat yogurt, skim/soy, low fat chocolate milk	soft cheese low-fat or fat-free made w/skim	hard cheese or made from whole milk whole yogurt, 2% milk or whole milk
Meat	extra lean cut ground beef, pork, bison or roast beef, loins, lamb roast	all others	prime rib, bacon, ham, packaged meat
Poultry	filet or ground chicken/turkey, skinless legs	all others	fried, skinned
Eggs	organic or free ranged (scrambled,poached,omlet)	all others	egg beaters, boxed eggs
Fish/Shellfish	clam, crab, salmon, tilapia, trout, shrimp, squid, oyster, scallop	tuna, lobster	big fish; shark, dolphin, catfish, lake fish
Oils/Dressing	extra virgin olive oil, sesame oil, vegetable oil	mustard, ketchup, ranch, olive oil,	honey mustard, mayonnaise, caser, butter, crisco

