

The Ultimate Food List ©

FOOD	SERVING SIZE	CALORIES	CARBS (g)	FAT (g)	PROTEIN (g)	NOTES
Almonds	1oz (23 almonds)	164	6	14	6	One of the healthiest and most convenient fat sources around. Keep some at work or in the car so you are never caught without something healthy to snack on.
Apple	medium (6oz)	95	25	0.5	0.5	Very slow digesting carbohydrate, especially for a fruit, which tend to be a bit faster than the other complex carb sources. Great for a snack on the go.
Banana	medium (4oz)	105	27	0.5	1	Convenient and delicious. They are high in complex carbs and electrolytes, making them a great pre-workout snack in a pinch.
Beans	1 cup	210	37	1.5	13.5	A true super food. Beans are some of the slowest digesting carbs, are high in protein, and extremely high in micronutrients.
Berries	1 cup (5oz)	80	21	0.5	1	Berries are extremely high in micronutrients, particularly age-fighting antioxidants. Also just plain delicious.
Broccoli	1 cup chopped (6oz)	55	11	0.5	3.5	Broccoli and other green veggies are extremely nutrient dense, offering great micronutrition for very few calories. They are also full of a variety of compounds that have been shown to fight certain types of cancer.
Brown Rice	1 cup cooked	216	45	2	5	A carbohydrate staple in my diet. Cook a big batch of this at the beginning of the week to always have a good carb source on hand. Eat with eggs for the perfect breakfast.
Chicken Breast	4oz	186	0	4	35	Probably the most infamous health food. Chicken doesn't have to be boring though. It is literally a blank slate for whatever flavors you want to use.
Cottage Cheese	1/2 cup lowfat	102	4	2	15.5	High in casein protein, one of the slowest digesting substances around. Great for eating right before bed, providing your body with nutrients while you sleep.
Eggs	1 large	78	0.5	5.5	6.5	Another one of nature's super foods. Literally everything needed to sustain life packaged up into a nice little 80 calorie serving. Eat the whole egg, a lot of the nutrients are in the yolk. A great fat and protein source, especially if you are trying to build muscle.
Greens	1 cup cooked	35	7	0	3.5	"Greens" refers to a variety of green, leafy veggies. Spinach, collard greens, and chard are good examples. Generally the darker the green, the better. Like most other veggies, they are high in fiber and will help you to feel fuller for longer.
Green tea	1 tea bag	0	0	0	0	Green tea is one of the most potent sources of anti-oxidants including EGCG. It contains a small amount of caffeine. Both EGCG and caffeine have been shown to increase fat burning and metabolic rate and are two of the main components in most fat loss supplements.
Oatmeal	1 cup	147	25.5	2.5	6	A common staple in many bodybuilder and athlete diets. Not the best tasting stuff, but a very healthy, convenient carbo source. Don't buy flavored packets. They have a ton of added sugar. Instead, cook your own and add a little honey or peanut butter for flavor.
Olive Oil	1 tbsp	120	0	14	0	Out of all the standard cooking oils, olive oil is the healthiest and least likely to end up on your midsection. Use this whenever your cooking calls for oil.
Peanut Butter	2 tbsp	200	7	15	9	My favorite craving killer. It's so delicious I often forget it is also healthy. This is one of the few foods that needs to be organic. Non-organic peanut butters use hydrogenated oils to give that creamy texture. Organic also tastes better.
Peppers	1 cup chopped (5oz)	30	7	0.5	1.5	Low calories and high in micronutrients, particularly anti-oxidants and vitamin C. Taste great sauteed with onions and served with just about anything.
Pork Loin	4oz	133	0	2.5	25.5	One of the leaner and more popular cuts of pork. Pork used to be thought of as unhealthy in general. Some things like bacon still are, but pork as a whole has come a long way in the past 20 years. Try it as a tasty alternative to chicken.
Protein Powder	1 scoop	120	3	2	25	The most convenient protein source available. This stuff was a real nutritional game changer back in the 90's. It is something I recommend all of my clients buy. There are many different types available. A blend is your best bet. Whey is another good choice.
Quinoa	1 cup	254	47	4	9	A strange little grain that has similar taste and texture to pasta. Great for making healthy "pasta salads."
Salmon	4oz	234	0	14	25	Most fish are pretty healthy but salmon goes above and beyond. Salmon is high in omega-3 fatty acids, which have been shown to enhance fat burning, improve heart health, and aid in muscle recovery.
Sirloin Steak	4oz	212	0	7	35	Sometimes you just need a steak. Sirloin is a good balance between taste and health. There are a few other lean cuts of beef available as well.
Tuna	4oz	145	0	3.5	27	Another fish that is just flat out better than the others. Like salmon, tuna is also high in omega-3's. Even the canned stuff is healthy. Just remember that canned foods are very high in sodium, so drink plenty of water if going that route.
Walnuts	1 oz	183	4	18	4	Similar to almonds, walnuts are a healthy and convenient fat source. They are high in omega-3's making them a great fat source for vegetarians.
Yams	4oz	132	31.5	0	1.5	A healthier and better tasting alternative to the potato. Bake until tender or make sweet potato home fries with onions and peppers for a nutritious treat.
Yogurt	1 cup	155	17	4	13	Choose a yogurt that has live, "active" cultures. This refers to the good bacteria living in the yogurt, which aid with digestion and improve digestive health. Organic is the best way to go here. Also choose a plain, low-fat yogurt. You can add your own fruit.

This chart is intended for educational purposes and is not designed as a type of diet. For best results, please consult us directly for a specific diet and exercise plan.

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