WHAT SHOULD I EAT?!

OUR 3-STEP GUIDE FOR CHOOSING THE BEST FOODS FOR YOUR BODY

This easy-to-use chart shows you how to make healthier nutrition choices for achieving your goals, while still enjoying the foods you love.

1 KNOW YOUR FOODS

Nutritional value varies, but don't think of food as "good" or "bad". Seeing it on a spectrum from "eat more" to "eat less" helps you make better choices without branding anything off-limits.

EAT MORE

PROTEIN

- Eggs and egg whites
- Fish
- Shellfish
- Chicken
- Duck breast and thighs
- Turkey
- Lean beef
- Bison
- Lamb
- Pork
- Wild game
- Other meats: goat, camel, kangaroo, crocodile, horse
- Plain Greek yogurt
- Cultured cottage cheese
- Tempeh
- Insects
- **Lentils and beans**

These are protein for plant-based eaters and meatless meals, otherwise, they're considered sources of carbohydrates.

Prioritize fresh, lean, minimally processed sources of protein, and consider limiting red meat to ~18oz (or 4 palms) per week or less.

CARBS

- Beans and lentils
- Steel-cut, rolled, and old-fashioned oats
- Buckwheat
- Quinoa
- Whole-grain, black, and wild rice
- Sorghum
- Farro
- Millet
- Potatoes
- Amaranth
- Plain non-Greek yogurt
- Plain kefir
- Fresh and frozen fruit
- Corn
- Barley
- Sweet potatoes
- Taro
- Yuca
- Whole or sprouted grain bagels, breads, English muffins, pastas, and wraps

Focus on whole, minimally processed sources of carbohydrates that pack lots of nutrition and fiber, and include a mix of starches and colorful fruits.

FATS

- Extra virgin olive oil
- Walnut oil
- Marinades and dressings with oils in this category
- Avocado and avocado oil
- Cheese, aged > 6 months
- Egg yolks
- Seeds: chia, flax, hemp, pumpkin and sesame
- Cashews
- Pistachios
- Almonds
- Brazil nuts
- Pecans
- Peanuts & natural peanut butter
- Olives
- Pesto made with extra virgin olive oil
- Nut butters from other nuts in this category
- Fresh unprocessed coconut

Aim for a mix of whole-food fats (like nuts and seeds), blended whole foods (like nut butters), and pressed oils (like olive and avocado).

EAT SOME

PROTEIN

- Uncultured cottage cheese
- Medium-lean meats
- Tofu
- Edamame
- Canadian bacon
- Meat jerky
- Poultry sausage
- Minimally processed lean deli meat
- Protein powders

CARBS

- Couscous
- White rice
- Granola
- Instant or flavored oats
- Milk
- Vegetable juices
- Flavored yogurt
- Flavored kefir
- Pancakes and waffles
- Whole-grain crackers
- Oat-based granola bars
- Canned, dried, and pureed unsweetened fruit
- White bagels, breads, English muffins, pastas, and wraps

FATS

- Virgin and light olive oil
- Expeller pressed canola oil
- Sesame oil
- Flaxseed oil
- Coconut oil / milk
- Peanut oil and regular peanut butter
- Dark chocolate
- Marinades and dressings with oils in this category
- Fish and algae oil
- Cream
- Cheese aged <6 months
- Flavored nuts and nut butters
- Trail mix

Often rich in carbohydrates as well, with sources of varying quality.

- High oleic safflower oil
- High oleic sunflower oil

These naturally-bred oils are high in heart-healthy monounsaturated fats and contain little saturated fats and no trans fats.

EAT LESS

PROTEIN

- Fried meats
- Chicken fingers, nuggets, and wings
- High fat ground meat
- High-fat sausages
- Processed soy
- Processed deli meats
- Protein bars
- Pepperoni sticks
- High-mercury fish

CARBS

- Cereal bars
- Fruit juices
- Flavored milk
- Honey, molasses, syrups, & jellies
- Canned, dried, and pureed fruit with added sugar
- Sugar
- Soda
- Crackers
- Pretzels
- Foods with 10+g added sugar
- Chips
- Fries
- Candy bars
- Donuts
- Cookies
- Pastries
- Muffins
- Cakes

FATS

- Bacon
- Sausage

Also sources of protein, though usually higher in less desirable fats.

- Butter
- Margarine
- Processed cheese
- Corn oil
- Cottonseed oil
- Sunflower oil
- Canola oil
- Soybean oil
- Safflower oil
- Marinades and dressings with oils in this category
- Vegetable oil
- Fat-rich foods with 10+ g added sugar
- Hydrogenated oils and trans fats
- Shortening

These foods are also rich sources of fats, so be mindful of both their carbohydrate and fat content.

Alcohol

Alcohol is a distinct macronutrient with unique risks and benefits. But if you're being mindful of energy balance, we recommend including it in the "eat less" carb category, and tracking your intake (e.g. 6 carb portions today; 4 from food, 2 from beer). This helps you align alcohol consumption with your health and fitness goals.

Wondering about portions? Check out www.precisionnutrition.com/calorie-control-guide-infographic

VEGETABLES

Veggies of varying colors provide different nutrients and health benefits. So make it a point to "eat the rainbow"!

Eating a variety of colorful fruit and starchy vegetables (like potatoes) also helps you "eat the rainbow", though these foods live in the carbohydrate category.

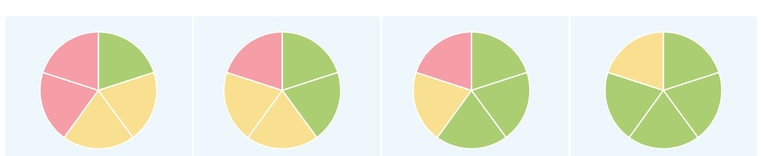
Not a veggie lover? Add herbs, spices, and aromatics, which enhance flavor and provide additional health benefits.

To learn how, check out www.precisionnutrition.com/create-the-perfect-meal-infographic and www.precisionnutrition.com/dont-like-vegetables-infographic

2 BASE FOOD CHOICES ON YOUR GOALS

The proportions of your food intake that come from the "eat more", "eat some", and "eat less" categories will depend on how you eat now, and what your goals are.

"eat more" "eat some" "eat less"



THESE PROPORTIONS MAY WORK FOR YOU IF...

- you want to generally improve your health.
- you're new to exercise or exercise moderately.
- you want to look, feel, and perform better.

- you want to significantly improve your health.
- you exercise moderately, or are training for an event like a half-marathon or obstacle course.
- you want to look, feel, and perform a little better than average.

- you want to significantly improve your health, or maintain a high degree of health.
- you are training for a major athletic event like a marathon or ultramarathon.
- you want above-average body composition, athletic performance, and/or recovery.

- you love eating this way. (This routine won't make you much healthier.)
- you're preparing for a bodybuilding, physique, or elite athletic competition.
- you are paid for your body's looks or performance.

3 ADJUST FOR YOUR PREFERENCES AND LIFESTYLE

Your "eat more", "eat some", and "eat less" list is unique to you and may evolve as your goals, likes, and dislikes shift over time. Use the table below to note your preferred foods.

CREATE YOUR OWN SPECTRUM

PROTEIN	CARBS	FATS	VEGGIES
Green foods I like or want to try:	Green foods I like or want to try:	Green foods I like or want to try:	Red, orange and yellow veggies:
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
Yellow foods I want to incorporate:	Yellow foods I want to incorporate:	Yellow foods I want to incorporate:	Green, blue and purple veggies:
1	1	1	1
2	2	2	2
3	3	3	3
Red foods I want to indulge in:	Red foods I want to indulge in:	Red foods I want to indulge in:	White veggies:
1	1	1	1
2	2	2	2

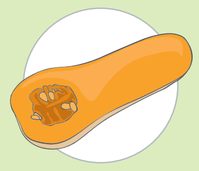
HOW TO ADD FOODS TO THE SPECTRUM

At some point, you're going to want to eat foods that aren't on our spectrums. Here's how to categorize them.

FIRST, FIGURE OUT THE MACRO CATEGORY:

Which macronutrient delivers the majority of the calories?

Classifying a food as the macronutrient that delivers the most calories is generally a safe bet.



Which eating style do you follow?

For example, with most approaches, butternut squash would count as a veggie.

For someone eating low-carb or keto, it might be a source of carbohydrates.

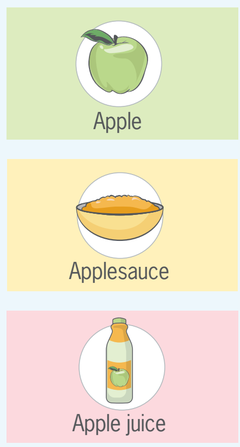
How is this food commonly eaten?

Perhaps as a protein, starchy side, or fat-rich topping?

NOW, DETERMINE ITS PLACE ON THE SPECTRUM:

How close is it to a whole food?

Generally, the more processed a food, the further it moves toward "eat less".



REMEMBER, YOU'RE THE BOSS

We've given you some ideas to get started. But YOU know best what works for you. Sustainable nutrition always prioritizes:

- **the foods and flavors you truly enjoy,**
- **the things you know how to cook or prep,**
- **and the portions that make sense for YOU.**

For the full article explaining this infographic:
http://www.precisionnutrition.com/what-should-i-eat-infographic

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