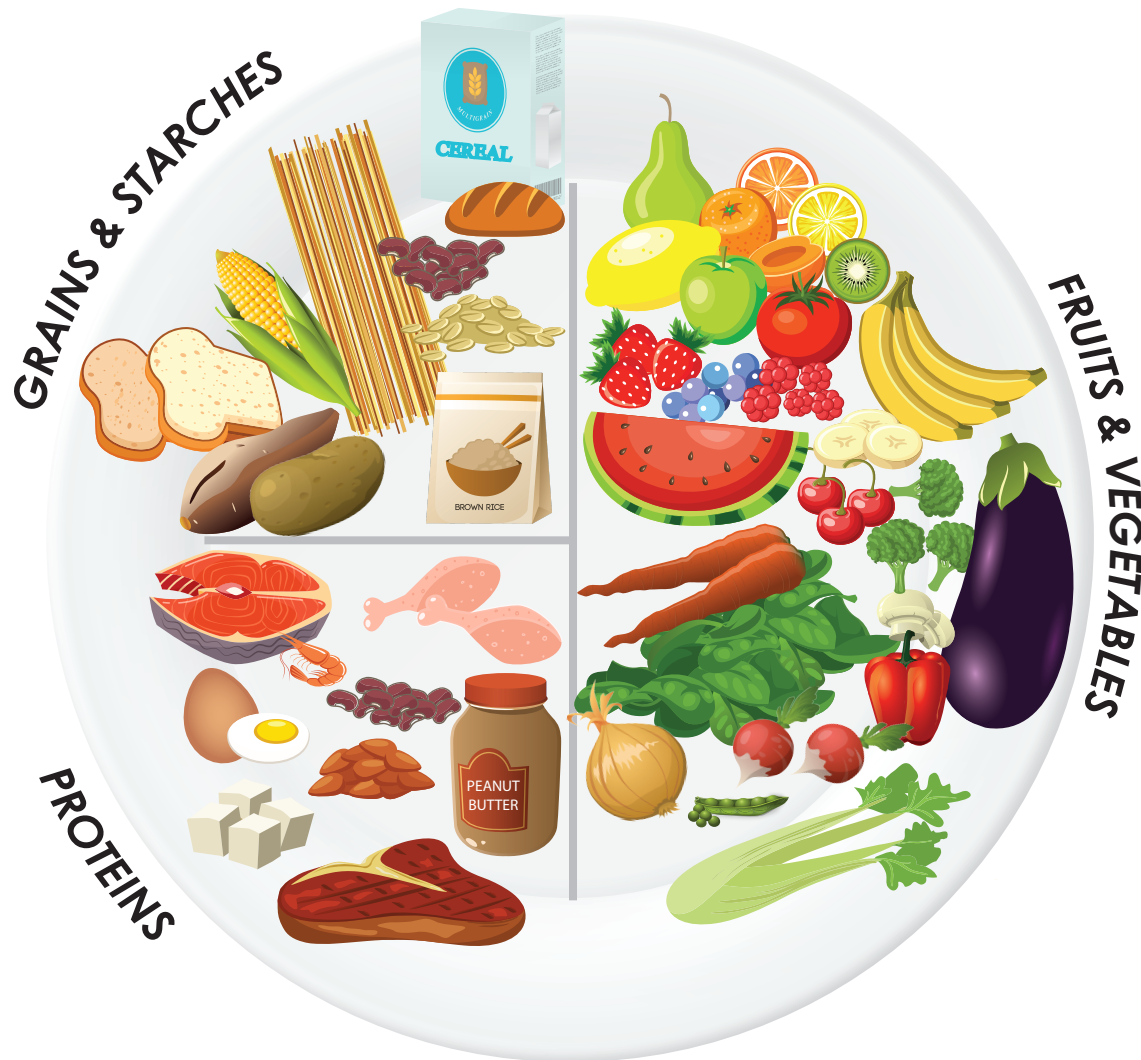


# EAT.DRINK.GO.

## NUTRITION FOR ATHLETES AND ACTIVE PEOPLE



### HEALTHIER FATS

Avocado,  
Nuts,  
Seeds,  
Olive Oil,  
Canola Oil



### FLUIDS

Water,  
Milk,  
Coffee,  
Tea,  
Juice



**GRAINS AND STARCHES:** Bread, beans, cereal, corn, oatmeal, pasta, sweet & regular potatoes, rice, tortillas, and all other grain foods

**FRUITS AND VEGETABLES:** Oranges, berries, apples, peaches, cherries, spinach, kale, lettuce, tomatoes, carrots, squash, celery and many more

**PROTEINS:** Beef, chicken, fish, seafood, tofu, beans, eggs, nuts, nut butters