NUTRITION FOR ATHLETES AND ACTIVE PEOPLE

**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

**HEALTHIER FATS:** Avocado, Nuts, Seeds, Olive Oil, Canola Oil

**FLUIDS:** Water, Milk, Coffee, Tea, Juice

CenterForNutritionAndAthletics.org