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	CARBS	FATS
Eggs and egg whites	Beans and lentils	Extra virgin olive oil
Fish	Steel-cut, rolled, and old-fashioned oats	Walnut oil
Shellfish	Buckwheat	Marinades and dressings with oils in this category
Chicken	Quinoa	Avocado and avocado oil
Duck breast and thighs	Whole-grain, black, and wild rice	Cheese, aged > 6 months
Turkey	Sorghum	Egg yolks
Lean beef	Farro	Seeds: chia, flax, hemp, pumpkin and sesame
Bison	Millet	Cashews
Lamb	Potatoes	Pistachios
Pork	Amaranth	Almonds
Wild game	Plain non-Greek yogurt	Brazil nuts
Other meats: goat, camel, kangaroo, crocodile, horse	Plain kefir	Pecans
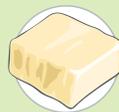
PROTEIN

Plain Greek yogurt	Cultured cottage cheese	Tempeh

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

Insects

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

CARBS

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

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
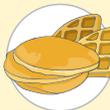
White bagels, breads, English muffins, pastas, and wraps

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.*
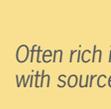
High oleic safflower oil	High oleic sunflower oil

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

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

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

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"!

EAT THE RAINBOW

Red: Beets, Radicchio, Rhubarb, Red cabbage, Tomatoes, Red leaf lettuce, Red peppers, Red onions, Radish

Orange/Yellow: Pumpkin, Orange peppers, Yellow peppers, Acorn squash, Butternut squash, Carrots, Yellow carrots, Summer squash, Yellow beets

White: Shallots, White carrot, Cauliflower, Mushrooms, Jerusalem artichoke, Garlic, Onions

Green: Green beans, Celery, Cabbage, Broccoli, Romaine lettuce, Cucumbers, Iceberg lettuce, Collards, Spinach, Green peppers, Asparagus, Snap peas, Brussels sprouts, Arugula, Kale, Chinese cabbage

Purple: Purple asparagus, Purple cauliflower, Rutabaga, Eggplant, Purple carrots, Purple peppers, Purple cabbage

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

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"
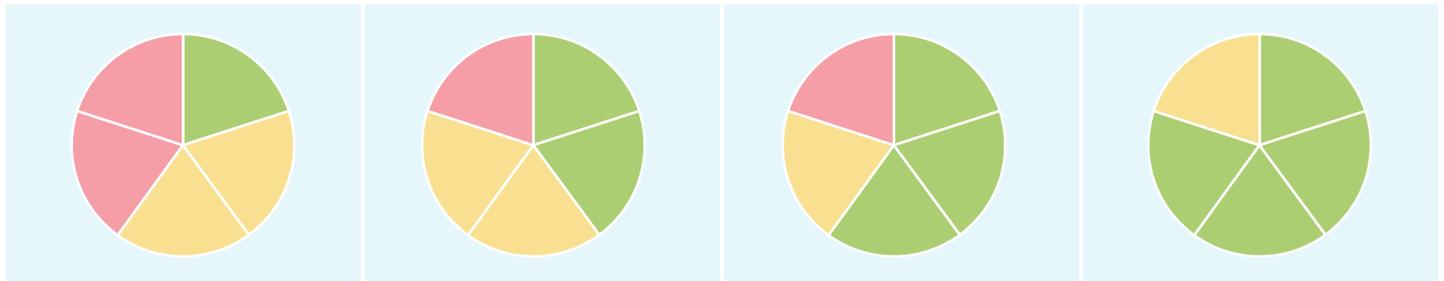
THESE PROPORTIONS MAY WORK FOR YOU IF…

• 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.

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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.
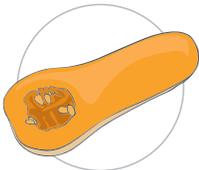
- **Which eating style do you follow?**
  For example, with most approaches, butternut squash would count as a veggie. For someone eating low-carb or keto, it might be a source of carbohydrates.

- **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".

Apple	Applesauce	Apple juice

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.**

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