

Foods that Help You Eat Better

When you eat real, whole foods, you feel better, play better and perform better. This means eating food that isn't processed, packaged or handed to you at a drive-through window. It means eating food that doesn't have a complicated list of ingredients you can't pronounce.

You need protein, vegetables, whole grains, fruit, and fats and oils. So where can you find them and why do you need them? Here's a handy list.

Protein

You need protein to provide energy, boost your immune system, build muscle tissue and supply essential amino acids. Foods high in protein include:

- Beans
- Dairy (butter, cheese, milk)
- Eggs
- Fish and shellfish (cod, salmon, shrimp)
- Meat and poultry (beef, chicken, pork, turkey)
- Nuts and seeds
- Soy-based foods (tofu, veggie burgers)

Fruit

Fruit helps keep you hydrated and provides fiber, vitamins and antioxidants. Fruit includes:

- Apples
 - Bananas
 - Blueberries
 - Grapes
 - Peaches
 - Strawberries
 - Watermelon
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Vegetables and whole grains

Low-starch and starchy vegetables and whole grains provide complex carbohydrates – your body's primary energy source. They also provide essential vitamins and minerals, along with fiber and bulk that help you feel full longer. These can include:


Low-starch vegetables

- Broccoli
- Brussels sprouts
- Carrots
- Cauliflower
- Cucumber
- Leafy greens
- Lettuce
- Onions

Starchy vegetables

- Lentils
- Peas
- Potatoes
- Sweet potatoes
- Squash

Whole grains

- Brown rice
 - Corn
 - Oats
 - Quinoa
 - Wild rice
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Fats and oils

Fats make up a large portion of your brain and nervous system. Fats and oils contain essential fatty acids your body doesn't make. These may include omega fatty acids 3, 6 and 9.

Healthy fat sources

- Avocados
- Butter from grass-fed cows
- Chia seeds
- Fish and shellfish
- Range-fed/grass-fed meats, or lean meat and poultry
- Nuts and seeds
- Olives
- Peanut butter (natural nut butters preferred)

Healthy oils

- Avocado oil
 - Chia oil
 - Extra-virgin olive oil
 - Fish oil
 - Flaxseed oil
 - Unrefined coconut oil
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