

SHOPPING LIST

CARBOHYDRATES			PROTEIN			FATS	
GRAIN	VEGETABLE	FRUIT	MEAT	SEAFOOD	DAIRY	NUTS/SEEDS	OILS/FATS
* brown rice	broccoli	apple	chicken	cod	low fat cheese	walnut	coconut oil
* corn	brussels sprouts	apricot	turkey	seabass	cottage cheese	pumpkin	olive oil
couscous	cabbage	berries	lean pork	sea bream	milk	peanut	walnut oil
oats	kale	grapes	ham	tuna	yogurt	sunflower	flax oil
quinoa	onion	melon	lean red meat	haddock	eggs	sesame	almond oil
* millet	peppers	peach		trout		almond	butter
rye	tomato	pear		mackerel		cashew	
spelt	* potato	pineapple				brazil	
wheat	* sweet potato					pistachio	
bulgar	* beetroot					pecan	

* These are your high starch foods - high glycemic foods (converts quickly to sugar) and are your caution foods.

CARBOHYDRATES

- Your main source of energy. Do NOT cut them out.
- Glycemic Index = rating given to every carb and its effect on spiking your blood sugar. The higher the GI the more the insulin spike.
- Insulin causes glucose in the body to be stored as glycogen - try keep insulin low so body is forced to use fat as fuel.
- There is 4 calories per gram of carb
- Stick to complex carbs - brown rice, wholemeal. These take longer to digest and will keep you fuller for longer.

PROTEIN

- Aim to have 1.2g to 1.5g of protein per kilogram of bodyweight daily. Eg. 60kg female x 1.5 = 90g protein.
- You NEED protein to help build and repair muscle fibres, to create enzymes for digestion, to develop skin cells and their even found within your blood.
- Protein consumed through diet is broken down into amino acids that are essential for bodily function.
- Aim to have protein in every meal.
- There is 4 calories per gram of protein.

FATS

- Fat helps absorb the fat soluble vitamins: A, D, E and K as well as antioxidants.
- The fats you eat are incorporated in the cell membranes that help compounds like proteins, vitamins, ions and antioxidants pass in and out cells through the membrane.
- Essential fatty acids are ONLY received from your diet and you cannot produce them on your own. They support eye and brain health, control inflammation and help with blood clotting.
- Fat also promotes healthy looking skin and hair.
- There's 9 calories per gram of fat