

# TAKING DIETARY SUPPLEMENTS?



# EAT REAL FOOD INSTEAD!



## SUPPLEMENT: PRE-WORKOUT

### FOODS THAT ENERGIZE YOU BEFORE YOUR WORKOUT:

- Nut butter and jam/jelly on whole-grain bread
- Low-fat Greek yogurt with fruit and water
- Oatmeal, banana, and water
- Low-fat granola and milk



## SUPPLEMENT: POST-WORKOUT

### FOODS THAT ENHANCE YOUR POST-WORKOUT RECOVERY:

- Tuna, whole-grain crackers, fruit, and water
- Chocolate milk (or soymilk) and fruit
- Yogurt, fruit, granola, and juice
- Nuts, fruit, and water



## SUPPLEMENT: BODYBUILDING

### FOODS THAT PROMOTE MUSCLE GROWTH:

- Lean meats
- Poultry
- Fish and seafood
- Milk and Greek yogurt
- Beans and lentils
- Nuts and seeds
- Tofu
- Eggs



## SUPPLEMENT: WHEY OR CASEIN PROTEIN

### FOODS SOURCES OF WHEY OR CASEIN:

- Milk
- Cottage cheese
- Ricotta cheese
- Yogurt



## SUPPLEMENT: BRANCHED-CHAIN AMINO ACIDS

### FOODS SOURCES OF BCAAS:

- Meats
- Poultry
- Fish and seafood
- Milk
- Cottage cheese



## SUPPLEMENT: WEIGHT LOSS

### FOODS THAT HELP YOU LOSE WEIGHT:

- Fruits and veggies
- Whole grains (brown rice, quinoa, etc.)
- Lean proteins (fish, poultry, beans, nuts, and dairy)
- Unsweetened beverages (water, low-fat milk, tea, etc.)