



ELEMENTS

PERSONAL TRAINING

— *A QUICK REFERENCE GUIDE* —
FOOD GROUPS

By Elliott Upton

A QUICK REFERENCE GUIDE

This list has been created to help you understand the different food groups you will be eating and the macronutrients they provide. Macronutrients are the nutrients that we need in large quantities to fuel our bodies and keep us healthy. These are carbohydrates, protein, and fats. Each of these macronutrients serves a specific purpose in our bodies and it is important that we get them in the right amounts.

We have compiled lists of foods that fall into each of these food groups, along with their macronutrient content per 100 grams of uncooked weight. These lists include animal-based and plant-based sources of protein, low glycemic index carbohydrates, high glycemic index carbohydrates, and healthy fat sources.

By understanding the different food groups and the macronutrients they provide, you can make informed choices about what you eat and ensure that you are getting the right balance of macronutrients in your diet. Whether you are looking to lose weight, gain muscle, or simply maintain a healthy lifestyle, the information in this booklet will be a valuable resource for you.

Animal-Based Protein-Rich Foods	Protein Content per 100g (uncooked)
Chicken breast (skinless)	31g
Turkey breast (skinless)	29g
Tuna (fresh)	29g
Salmon (wild)	20g
Shrimp	23g
Lean beef (raw)	26g
Pork chops (lean, raw)	20g
Eggs	13g
Beef liver	20g
Bison	21g
Venison	22g
Lamb chops (lean, raw)	25g
Duck breast (skinless)	20g
Veal (lean, raw)	27g
Cod (fresh)	18g
Haddock (fresh)	18g
Crab meat	18g
Lobster	19g
Scallops	20g
Mussels	20g

Plant-Based Protein-Rich Foods	Protein Content per 100g (uncooked)
Lentils	25g
Chickpeas	19g
Black beans	21g
Soybeans	36g
Tofu	8g
Tempeh	19g
Edamame	11g
Quinoa	14g
Spelt	15g
Amaranth	14g
Buckwheat	13g
Chia seeds	17g
Hemp seeds	31g
Pumpkin seeds	19g
Almonds	21g
Peanuts	25g
Pistachios	21g
Sunflower seeds	21g
Seitan	25g
Nutritional yeast	50g

Low Glycemic Index Carbohydrate Sources	Carbohydrate Content per 100g (uncooked)
Rolled or steel-cut oats	58g
Sweet potato	20g
Quinoa	64g
Lentils	60g
Chickpeas	61g
Brown rice	75g
Buckwheat	71g
Whole grain pasta	75g
Spelt	71g

High Glycemic Index Carbohydrate Sources	Carbohydrate Content per 100g (uncooked)
White Potato	21g
White bread	49g
Baguette	49g
Cereals	84g
Instant oatmeal	67g
Jasmine rice	80g
White rice (short grain)	79g
White rice (long grain)	80g

Plant-Based and Non-Dairy Healthy Fat Sources	Fat Content per 100g Healthy Fat Sources
Avocado	15g
Olive oil	100g
Nuts (e.g., almonds, cashews, walnuts)	50-60g
Seeds (e.g., chia seeds, flaxseeds, hemp seeds)	30-50g
Coconut oil	100g
Dark chocolate (70-85% cocoa solids)	30-40g
Tofu	8g
Tempeh	11g
Nut butters (e.g., almond butter, peanut butter)	50-60g
Olives	11g



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