



AFA NUTRITION GUIDE

ELITE

OKAY

POOR

CARBS

- + FRUITS
- + SWEET POTATOES
- + OATS
- + BROWN RICE
- + QUINOA



- + PASTA
- + BREAD



- + SODAPOP
- + CANDY
- + DONUTS

PROTEIN

- + FISH
- + EGGS
- + CHICKEN
- + BEEF



- + GREEK YOGURT
- + COTTAGE CHEESE
- + MILK



- + PROTEIN POWDER
- + BACON
- + FRIED MEAT
- + PEANUT BUTTER

FATS

- + FISH OIL
- + WALNUTS
- + AVACADO
- + CHIA SEEDS



- + OLIVES
- + NUTS
- + DARK CHOCOLATE



- + CHEESE
- + BUTTER
- + CREAM
- + OILS