

AFA NUTRITION GUIDE



GOOD | OKAY | POOR

C
A
R
B
S

P
R
O
T
E
I
N

F
A
T
S

CARBS

This section illustrates carbohydrate categories. The 'GOOD' category includes icons for a bunch of grapes, a pear, a carrot, and a loaf of bread. The 'OKAY' category, enclosed in large curly braces, includes a plate of spaghetti, a bowl of rice, and three kidney beans. The 'POOR' category includes a can of soda, a donut, a piece of candy, and a lollipop.

PROTEIN

This section illustrates protein categories. The 'GOOD' category includes icons for broccoli, a fish, and a turkey leg. The 'OKAY' category, enclosed in large curly braces, includes a jar of protein powder, a protein bar, and a jar of peanut butter. The 'TOO MUCH OF:' category includes silhouettes of a pig, a lamb, and a cow.

FATS

This section illustrates fat categories. The 'GOOD' category includes icons for various nuts, a bottle of olive oil, and a fish. The 'OKAY' category, enclosed in large curly braces, shows a soybean pod with the text 'SOYBEAN' below it. The 'POOR' category includes a stick of butter, a bottle of oil, and a slice of cheese.