

TAKING A DIETARY SUPPLEMENT? EAT REAL FOOD INSTEAD!

SUPPLEMENT:

- Weight Loss or Energy Booster

SUPPLEMENT:

- Bodybuilding

SUPPLEMENT:

- Branched-Chain Amino Acids

SUPPLEMENT:

- Whey or Casein Protein

FOODS THAT HELP YOU LOSE WEIGHT AND BOOST ENERGY:

- ▶ Water
- ▶ Whole-grain foods
- ▶ Fruits and vegetables
- ▶ Green tea

FOODS THAT PROMOTE MUSCLE GROWTH:

- ▶ Chicken
- ▶ Fatty fish and other seafood
- ▶ Eggs
- ▶ Oysters
- ▶ Beans
- ▶ Nuts and seeds

FOOD SOURCES OF BCAAs:

- ▶ Cottage cheese
- ▶ Fish and other seafood
- ▶ Meat and poultry
- ▶ Nuts and seeds
- ▶ Dried whole lentils

FOODS WITH WHEY OR CASEIN:

- ▶ Milk
- ▶ Cottage cheese
- ▶ Ricotta cheese
- ▶ Yogurt

Real foods contain essential nutrients — including vitamins and minerals — plus fiber, antioxidants, and other natural components that work together to promote health.

