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

<table>
<thead>
<tr>
<th>SUPPLEMENT:</th>
<th>FOODS THAT HELP YOU LOSE WEIGHT AND BOOST ENERGY:</th>
</tr>
</thead>
</table>
| Weight Loss or Energy Booster | - Water  
- Whole-grain foods  
- Fruits and vegetables  
- Green tea                                                               |
| Bodybuilding               | FOODS THAT PROMOTE MUSCLE GROWTH:                                                                                 |
| Branched-Chain Amino Acids  | - Chicken  
- Fatty fish and other seafood  
- Eggs  
- Oysters  
- Beans  
- Nuts and seeds                                                               |
| Whey or Casein Protein      | 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                                                             |