



Fast Break Nutrition – Fuel Choices



	High Quality Fuel	Regular Quality Fuel	Low Quality Fuel
Carbohydrates	Sweet Potato Green Peas Whole Beans Corn High Fiber Cereals Oatmeal Quinoa Brown Rice Black-eyes Peas Lentils 100% Whole Grain Bread 100% Whole Grain Tortillas 100% Whole Grain Bagels Fresh Fruit Dried Fruit (no sugar added) Frozen Fruit (no sugar added) Canned Fruit (no sugar added) All Vegetables	Flour Tortillas Crackers Cream of Wheat Cornbread Pancakes Pasta White Rice White Bread Waffles Spaghetti Rice Cakes Baked Chips Pretzels Macaroni Hamburger/Hotdog Buns French Toast French Bread Cereal Bars	Doughnuts Sugary Cereals Refried Beans Biscuits Croissants French Fries Hash Browns Muffins Pop Tarts Mashed Potatoes Pie Cookies Cake Candy Bars
Protein	Chicken – White meat/skinless Turkey – White meat/skinless Fish/Seafood – not fried Tuna in H2O 95% Ground Beef or Turkey Lean Beef Steak Lean Ham/Pork Chops Deli Meat (turkey, ham, beef) Eggs, Egg White Beef/Turkey/Buffalo Jerky Beans + Peas Low-fat Cottage Cheese Low-fat Cheese Low-Fat Yogurt 0% Greek Yogurt 1% or Non-fat Milk Natural Nut Butters Tofu	Chicken – Dark/skinless Turkey – Dark, skinless Turkey Bacon Turkey Sausage 85% Ground Beef or Turkey Tuna in Oil Milk – 2% or Low-fat Flavored Flavored Yogurt Regular Cottage Cheese	Chicken – With Skin Fried Chicken Fried Fish/seafood Beef/Pork Ribs 75% Ground Beef or Turkey Sausage Bacon Whole Milk/Flavored Milk
Fat	Avocado Natural Peanut Butter Natural Almond Butter Olive Oil Flaxseed/Flaxseed Oil Pumpkin Seeds Sunflower Seeds Peanuts Natural/Roasted Almonds Cashews Walnuts	Coconut Oil Nuts/Seeds + added oil Butter Reduced Fat Salad Dressing Reduced Fat Sour Cream Reduced Fat Cheese Regular Peanut Butter Reduced Fat Mayo	Fried Foods Honey Roasted Nuts Honey Roasted Seeds Mayonnaise Margarine Ranch Salad Dressing Regular Cheese Sour Cream Vegetable Oil

