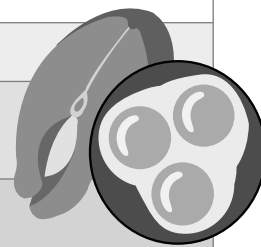


Protein Chart

Type	Lean, complete protein sources
Timing	Eaten with each feeding opportunity
Amount	1 serving for women (size of palm) 2 servings for men (size of two palms)
Examples	Lean meats (ground beef, chicken, turkey, bison, venison, etc.) Fish (salmon, tuna, cod, roughy) Eggs (egg whites, occasional whole eggs) Low fat dairy (cottage cheese, yogurt, part skim cheese, string cheese, etc.) Vegetarian choices (tofu, tempeh, soy burgers, soy jerkey, soy sausage, soy bacon, seitan, etc.) Milk protein supplements (whey, casein, milk protein blends)



Carb Chart

Type	Exercise recovery drink	Simple sugars and highly processed starches	Whole-grain and starchy carbohydrates	Fruits and vegetables
Timing for Fat Loss	During exercise only*	Minimize intake	Eat soon (within 1-2 hours) after exercise	Eaten with each feeding (with emphasis on veggies)
Timing for Muscle Gain	During and after exercise	Immediately after exercise (if at all)**	Eat soon (within 3 hours) after exercise***	Eaten with each feeding
Examples	Sugary, protein-rich recovery drinks (<i>Biotech Surge, Endurox R4 etc.</i>)	Sugary sports drinks Breakfast cereals Soda Fruit juice Table sugar Sugary desserts Ice cream Muffins, bagels, and other carb-rich snacks	Bread (<i>whole grain</i>) Pasta (<i>whole grain or flax</i>) Rice (<i>whole grain, unprocessed</i>) Potatoes (<i>sweet potatoes or yams</i>) Oats (<i>preferably whole oats</i>) Cereal Grains (<i>wheat, rye, etc.</i>)	Spinach Carrots Tomatoes Broccoli Cauliflower Apples Oranges Avocados Berries



* If you tolerate carbs well, you can include such a drink during exercise. If you don't you should probably stick with water or a branched-chain amino acid workout drink.

** These food choices should be minimized yet are permissible after exercise for those with good carbohydrate tolerance and the goal of weight gain.

*** These foods can be included throughout the day for those with good carbohydrate tolerance who are having a hard time gaining weight.

Fat Chart

Type	Saturated fat	Monounsaturated fat	Polyunsaturated fat
Timing	None, just be sure to get about 1/3 of total fat intake from these fats.	None, just be sure to get about 1/3 of total fat intake from these fats.	None, just be sure to get about 1/3 of total fat intake from these fats (focusing on the omega-3 fats).
Examples	Animal Fats (<i>fat in eggs, dairy, meats, butter, cheeses, etc.</i>) Coconut Oil Palm Oil	Olive oil Nuts Nut butters Avocado	Flax Seeds/Oil Fish Oil Nuts and Nut Butters Vegetable Oils



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