

# MODERATE TRAINING:

## FATS

1-2 Tablespoon(s)

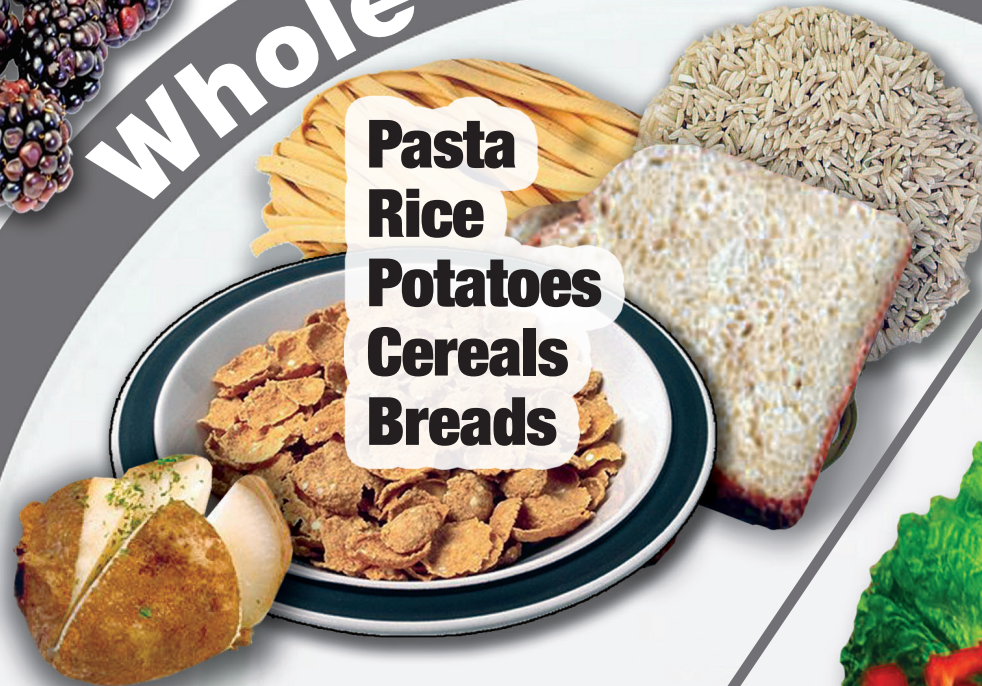


Avocado  
Oils  
Nuts  
Seeds  
Cheese  
Butter



## Whole Grains

Pasta  
Rice  
Potatoes  
Cereals  
Breads



Fresh Fruit  
Stewed Fruit  
Dried Fruit



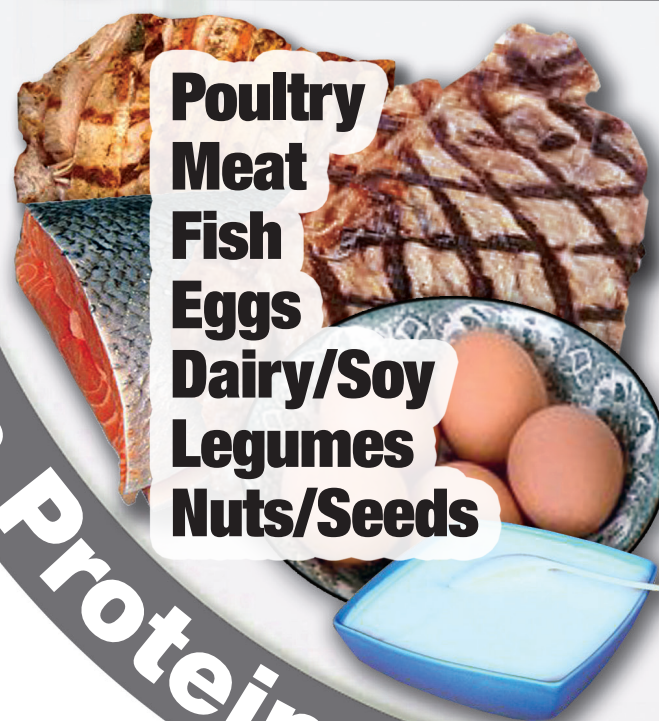
Water  
Dairy/Nondairy  
Beverages  
Diluted Juice  
Flavored  
Beverages



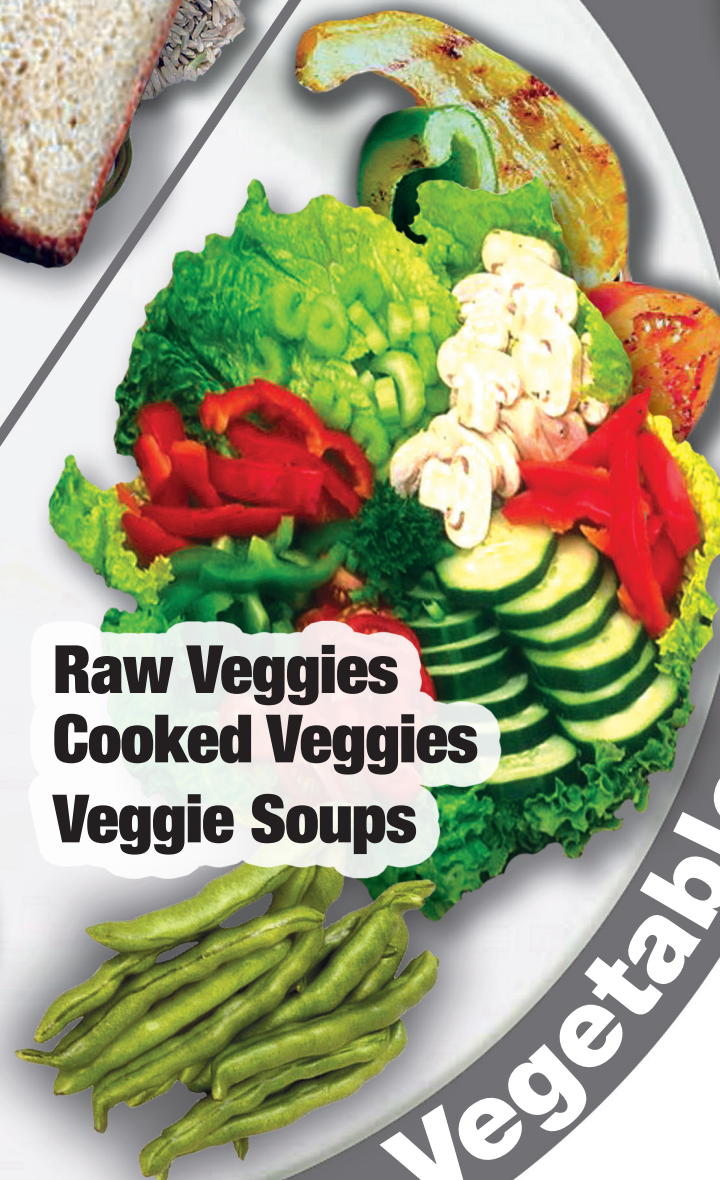
Coffee  
Tea

## Lean Protein

Poultry  
Meat  
Fish  
Eggs  
Dairy/Soy  
Legumes  
Nuts/Seeds



Raw Veggies  
Cooked Veggies  
Veggie Soups



## Vegetables

## FLAVORS

Salt/Pepper  
Herbs  
Spices  
Vinegar  
Salsa  
Mustard  
Ketchup

