

Fresh or

Frozen

Vegis

Fresh

Fruit

Grains

Dairy

Asparagus	Apple	Whole-wheat tortilla	All milks
Garbanzo beans	Orange	Multi-grain (at least 9 grains)	
Black-eyed peas	Pear	Melba toast	<u>Nuts</u>
Broccoli	Peach	Oat bran bread	All nuts
Brussels sprouts	Nectarine	Whole-grain rye bread	
Cauliflower	Grape fruit	Whole-wheat 100% stone ground	<u>Misc.</u>
Celery	Cherries	Sourdough bread	Fig Newtons (2)
Bell peppers		Most pastas	Snickers bar
Mushrooms	<u>Canned Fruit</u>	All-bran cereal	Stouffer's lean cuisine
Peas	Pears (light)	Buckwheat Kashi cereal	Cheese cannelloni
Spinach	Peaches (light)	Fiberwise cereal	Teriyaki Stir Fry
Tomatoes	Diet soda	Old-fashioned oatmeal	Chicken Chow Mein
Sweet potatoes	Natural Peanut butter	Muesli	(with rice)
Zucchini		Special K	
All beans		Rice bran	

Try doing some research to learn what is good and what s not. Remember, the body stores fat when insulin is present. Foods that are high in fiber take longer to get through the digestive tract and might be referred to as timed released sugar. As long as the blood sugar does not 'spike' insulin remains low to none. Having said that, it is still important to stay within your daily requirement of calories and to remain sensible. Given what I have just laid out for you I also try to keep my daily intake of ANY fat to under 20% and keep my calories to my weight X 13 if I want to maintain. If I chose to lose a pound or two I multiply my weight by 10. I STRONGLY recommend you talk to your doctor about ANY eating plan you begin. I am not a doctor and cannot tell you that this will work for you. It just works for me at 56 years of age as my metabolism slows.

I try to keep my macronutrient levels to 40/40/20 Carbs/Protein/Fat when I am building muscle and 50/30/20 during the off season

I try to get most of my carbs from natural and whole grains and I use the chart above

When I am trying to drop a pound or two I try to eat foods that rank below 50 on the GI chart

I always eat most of my carbs in the morning hours and about an hour after my first cardio session of the day

As much as possible, I try to include Carbs, Protein and Fat in each meal but I taper my carbs down to smaller portions as the day wears on

When I first got interested in bodybuilding I was alarmed when I started my diets because I always gained a few pounds!!! My brain told me to stop what I was doing and DO THE OPPOSITE!!! That would be disastrous. Just so you know that when you start eating right your glycogen levels will replenish and you will add a pound or two. It's okay, it's NOT FAT. Stay the course and eat right. AGAIN, TALK TO YOUR DOCTOR ALONG THE JOURNEY. He'll respect you for it and he'll likely be thrilled you're taking such an interest in eating healthy and doing the right thing. What works for me MIGHT NOT WORK FOR YOU. Consult your physician.