

# FITS Food Guide

Healthy	Semi-Healthy	Try to avoid
---------	--------------	--------------

<b>Protein</b>	<b>Carb</b>	<b>Veggies</b>
Fish	Whole Grain Anything	Always good
Chicken	Pasta	
Other seafoods	Rice	<b>Fruit</b>
Egg Whites	Potatoes	Always Good
Lunch Meat	Bread	
Beans	Adult Cereals	
Peanutbutter	Pancakes	
Beef	Waffles	
Protein Powder/Bars	Kid Cereals	
Pork		
Bacon		
Hot Dogs		

<b>Snacks</b>	<b>Dairy</b>	<b>Beverages</b>
Most are bad for you	Yogurt	Water
	Cheese	Milk
<b>Baked Good</b>	Pudding	Smoothies
Most are bad for you	Ice Cream	(Real) Fruit Juice
		Protein Shakes
		Meal Replacement Shakes
		Hot Beverages
		Sports Drinks
		Tea
		Soda
		Milkshakes

Most Condiments add (sodium/sugar/fat) calories. Large quantities should be avoided.