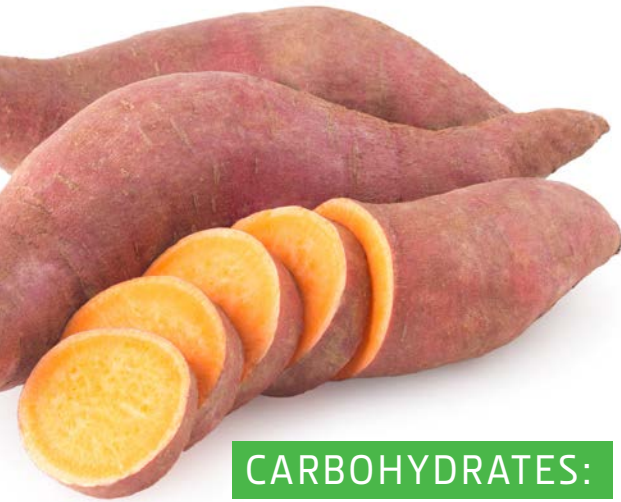


THE ULTIMATE GROCERY LIST FOR RUNNERS, TRIATHLETES, AND CYCLISTS



CARBOHYDRATES:

➔ VEGETABLES

SWEET POTATO - Although they contain more natural sugars than white potatoes, sweet potatoes may actually help regulate blood sugar levels.



BROCCOLI - Just one cup of broccoli contains more than 100% of the recommended daily value of vitamin C!

SPINACH - Spinach is packed with iron, but it is much more easily absorbed after being cooked.



CARROTS - Eating just a quarter cup of carrots every day may significantly reduce your risk of cardiovascular disease.



BEETS - Beets are one of the healthiest sources of nitrates, which may help curb the risk of dementia by increasing blood flow to the frontal lobes.

KALE - Everyone has been crazy for kale over the past few years, and for good reason: it's loaded with vitamins, minerals, fiber, and healthy fats while being low in calories.



SQUASH - Besides being full of carotene, spaghetti squash can serve as a great, healthier alternative to spaghetti noodles.

BELL PEPPERS - One medium green bell pepper contains 159% of your daily recommended value of vitamin C!



EGGPLANT - Also known as aubergine, eggplant contains nasunin, which studies suggest can improve cognitive function.

CABBAGE - A single cup of raw cabbage will get you halfway to your recommended intake of vitamin K!



GREEN BEANS - Green beans, also known as "string beans," are a delicious way to increase your vitamin C intake.



ONIONS - Onions can help fight cancer and heart disease, via their high quercetin content.

GARLIC - Allicin is a compound found in garlic that, upon digestion, becomes a powerful antioxidant within the body.



TOMATOES - Lycopene lends tomatoes their bright red hue, and is also believed to fight certain types of cancer.

ARTICHOKES - Artichokes are loaded with antioxidants, plus folate and fiber.



SUNCHOKES - Although sunchoke tubers contain a fair amount of starch, it's in the form of inulin, a non-caloric carbohydrate--which makes sunchoke a great alternative to white potatoes.



ASPARAGUS - Asparagus is a natural diuretic, which can help the body excrete excess sodium.

SEAWEED - Seaweed is packed with minerals, including iodine, calcium, iron, and magnesium.

OLIVES - Olives contain a phytonutrient called hydroxytyrosol, which may help prevent osteoporosis.

AVOCADOS - Avocados are rich in monounsaturated fat, often called the "good" fat, as well as lutein, a nutrient important to eye health.



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CARBOHYDRATES: (CONT'D)

→ FRUITS

APPLES - The phytonutrients in apples may reduce your risk of stroke, diabetes, and cancer.

BANANAS - One banana contains over 20% of your daily recommended intake of vitamin B6.



PEARS - It's a little-known fact that pears are hypoallergenic, making them suitable for most people on allergy diets as well as babies.

BLUEBERRIES - Some studies have linked increased blueberry consumption with decreased cognitive decline and Parkinson's disease risk.



ORANGES - Since the average orange contains almost no fat and fewer than 90 calories, they are a delicious, nutrient-dense option for satisfying your sweet tooth.

FIGS - Figs, dried or fresh, are an excellent source of potassium and calcium.



KIWIFRUIT - Each serving of kiwifruit will provide more than twice the daily recommended amount of vitamin C.

GRAPEFRUIT - Grapefruit is great for your heart, and can help lower triglycerides.



LEMONS - Certain phytochemicals in lemons (and limes) called limonoids have been shown to fight some cancers.

MELON - Most melons contain high levels of potassium, and watermelon is a better source of lycopene than tomatoes.



STRAWBERRIES - Scientists believe strawberries' anthocyanin content provides their anti-inflammatory properties.



PINEAPPLE - Pineapples contain an enzyme called bromelain, which is believed to reduce inflammation and aid with digestion.



PLUMS - Plums and their dried counterparts prunes, are low in calories but very high in fiber.

RASPBERRIES - Gallic acid, a phytochemical found in raspberries, is an antiviral that can help fight against influenza.

GRAPES/RAISINS - Grapes contain polyphenols, antioxidants that may prevent certain types of cancer.

PAPAYA - Papaya contains an enzyme called papain, which is believed to aid in digestion.



CRANBERRIES - Cranberry can help treat urinary tract infections by preventing bacteria from adhering to bladder and urethra walls.

GUAVA - A single cup of guava provides 627% of your daily recommended intake of vitamin C!



JACKFRUIT - Besides being a great vegan meat alternative, jackfruit is loaded with potassium.

AÇAÍ BERRIES - One serving of açai berries has only a fifth of the sugar of one serving of blueberries, but a much higher antioxidant content.



→ GRAINS

FARRO - Farro is a great alternative to rice, and has a relatively high protein content for a grain.

BROWN RICE - Each cup of cooked brown rice contains about 88% of your daily recommended intake of manganese!

OATS - Oats can help provide important nutrients to those adhering to a gluten-free diet, who might not otherwise eat the recommended daily amount of whole grains.

QUINOA - Quinoa has a high protein to carbohydrate ratio, and is packed with vital nutrients.

MILLET - A cup of cooked millet provides a quarter of your daily recommended intake of phosphorus!

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PROTEIN:



→ MEAT/EGGS/DAIRY

CHICKEN BREAST - A single 4oz. roasted chicken breast has 70% of your daily recommended intake of protein and contains relatively low levels of cholesterol, especially with the skin removed.

TURKEY BREAST - Skinned turkey breast is loaded with protein, plus a multitude of B vitamins and other trace minerals.



LEAN BEEF - Lean beef--think round steaks, shoulder steaks, flank steaks, and 90% lean/10% fat ground beef--provides a sizeable amount of vitamin B12, iron, and coenzyme Q10, an antioxidant.

BISON - Bison has less fat than beef, but still has 24.2 grams of protein per 3oz. serving.



VENISON - Venison is nutritionally similar to beef, but contains fewer calories and less saturated fat.

PORK TENDERLOIN - Pork tenderloin is naturally lean and low-calorie, while still being a solid source of protein.

NONFAT PLAIN YOGURT - A cup of nonfat plain yogurt can contain 14 grams of protein, plus it contains active cultures that may increase the amount of healthy bacteria in your digestive system.



CHEESE - Cheese is included in the Mediterranean diet, which is associated with a plethora of health benefits.

EGGS - Although eggs are high in cholesterol, research shows that eating one egg per day is not associated with increased risk of coronary heart disease or stroke.

WHEY PROTEIN - Whey protein is low in lactose, but its protein content can be as high as 90%.

→ FISH

TUNA - Tuna is an excellent source of omega-3 fatty acids, which may increase cardiovascular health. (<http://healthyeating.sfgate.com/tuna-fish-health-benefits-7732.html>)

SALMON - One 4oz. serving of salmon entirely fulfills your recommended daily intake of vitamins B12 and D.

SHRIMP - Shrimp are a great low-calorie source of protein, vitamins, and minerals.

SARDINES - Sardines are a great source of vitamin D and they have a great fatty acid balance--their omega-3 content is twelve times higher than their omega-6 content.

COD - Cod is an excellent source of omega-3's and vitamin D.



→ BEANS

GARBANZO BEANS - Much of the fiber in garbanzo beans (also known as "chickpeas") is insoluble, which helps your gut biome (the "good" bacteria inside us all) flourish.

LENTILS - Besides being high in iron, lentils also cook much more quickly than other types of beans.

LIMA BEANS - Lima beans are high in folate, which is important for cell division and DNA health.

BLACK/PINTO/KIDNEY BEANS - Black beans, pinto beans, and kidney beans are all from the same family, and are nutritionally quite similar. They are excellent sources of protein, fiber, and lots of vitamins and minerals.

TOFU/TEMPEH - Tofu and tempeh are vegan/vegetarian-friendly and great sources of calcium. Plus, they're made from soybeans, which is a complete protein.



→ SEEDS/NUTS

ALMONDS - Everyone already knows how great almonds are for you, but you may not know that they're great for your gut biome, too! They're believed to be an excellent pre-biotic.



FLAXSEED - Flaxseeds are a great source of omega-3 and omega-6 fatty acids!

CHIA - With their high protein and fiber content, chia seeds will keep you moving--inside and out! (

HEMPSEED - Hemp seeds aren't psychoactive, but they are absolutely loaded with vital amino acids!

SESAME SEEDS - Tahini is more than just an integral ingredient in hummus--sesame seeds contain a compound called sesamin, which is believed to help your liver stay in tip-top shape.

SUNFLOWER SEEDS - Sunflower seeds contain a large amount of choline, which helps keep your liver and brain healthy.

WALNUTS - Walnuts are an excellent source of omega-3 fatty acids in the form of alpha-linolenic acid (ALA).

PECANS - Besides being a great source of insoluble fiber, pecans can also lower healthy adults' LDL ("bad cholesterol") levels.

CASHEWS - For every 100g of cashews you eat, you get 100% of your recommended daily intake of copper, a trace element vital to organ function.

PUMPKIN SEEDS - Just a quarter cup of dried pumpkin seeds nets you almost half the daily recommended amount of magnesium, a mineral that plays a huge role in proper cellular function.

FATS/OILS:

COCONUT OIL - Coconut oil is rich in phytoosterols that may help lower total cholesterol levels.

OLIVE OIL - Olive oil contains oleocanthal, a compound with anti-inflammatory properties researchers found to be on par with ibuprofen.



AVOCADO OIL - Not only is avocado oil rich in heart-healthy monounsaturated fats, its addition to a recipe can help you absorb your dinner's carotenoids like beta-carotene, lutein, and lycopene.

SAFFLOWER OIL - Loaded with y-tocopherol, an easily absorbed form of vitamin E and potent antioxidant.

GHEE - Also known as "butterfat," ghee has a longer shelf life than regular butter, contains only trace amounts of lactose, and is more easily digested than many other sources of fat.

