



**Tips For Weight Control:
Mr. America's Personal Training Gym Diet Helpers**

Protein Source to choose from:

This is what builds muscle kiddies, so you got to have it

- Egg Whites**
- Turkey Breast** (No deli turkey)
- Chicken Breast**
- Fish** (No salmon or shellfish)
- Tuna Fish** (Packed in water and low sodium)
- Lean Steak** (Eye of Round)
- Protein Shakes** (Such as Met-Rx & Pure pro)

Carbohydrate Foods:

For long term energy, but can get you fat! So watch your quantity

- Baked Potato**
 - Oatmeal** (Quaker oats only)
 - Sweet Potato**
 - Pasta**
 - Rice**
 - Fat Free Waffles**
 - Cream of Wheat**
 - Cream of Rice**
- Vegetables are all fat free foods** (Avoid avocados. limit corn tomatoes & carrots)

Simple Carbs

Quick energy, great before workouts only

Fruits & Sport Drinks

(Like Carbo Force & Gatorade)