



NAVIGATING THE GROCERY STORE

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FIT FOR THE **KING** CERTIFIED COACHES

WHOLE FOODS ARE BEST

Foods God made are the best for us

Whole foods are generally found on the perimeter of the grocery store

Whole foods have minimal ingredient lists

ENSURE ADEQUATE PROTEIN INTAKE

Protein helps maintain existing muscle

Protein helps develop new muscle

New muscle tissue helps increase our basal metabolic rate (speed at which we burn calories when at rest)

Protein content in food increases satiety (feeling full)

Good sources of protein:

BEWARE OF ADDED SUGARS

Average American consumes 22 teaspoons of sugar each day

Be especially conscious of dressings and sauces

WHEN IN DOUBT, CHOOSE MORE FRUITS AND VEGETABLES

90% of Americans aren't eating enough fruits and vegetables

We don't eat what isn't available (so make sure fruits and veggies are available!)

BEWARE OF HEALTH CLAIMS ON PROCESSED FOODS
